

靈

感

HAVEN OF HOPE NEWS | MARCH 2010 | ISSUE 72

在現代社會實踐
基督教精神

Christian Faith
and Modern Society





靈實長者地區服務的長者在「普世歡騰護老迎聖誕」活動與聖誕老人合照。看！他們的笑容多燦爛！



樂頤居院友在「夜遊科學園」活動享用豐富晚餐之餘，亦不忘整古造怪拍照留念。



德意志銀行的小義工與靈實司務道護養院的院友一齊玩遊戲，歡度聖誕。



靈實胡平頤養院的院友化身聖誕老人，為小朋友送上禮物。

Touching Moments 觸動的時刻



靈實（西貢）改善家居及社區照顧服務的長者、家人與同工一同參觀挪亞方舟，歡度一天！



透過「醒腦提神」小組，靈實翠林老人日間活動中心長者在玩樂之餘，也可提升其記憶力及思考力。



來自茶果嶺浸信會的弟兄姊妹與靈實寧養院的同工一同於12月24日傳光夜向院友唱詩，傳遞救主降生的信息。



生日快樂！祝靈實護養院各院友都身心健康！



社區福音事工組舉辦了第七屆「開心家庭福音嘉年華」，主題為「開心由你我祂開始」，有250位長者、弱能人士、婦女、兒童及家屬參加。



再次承蒙梅夫人婦女會贊助，靈實醫院於2009年12月19日舉辦了愛心袋慶聖誕活動，讓離院長者也能感受佳節的溫馨氣氛。



靈實尚德社區健康發展中心與「街坊軍團——將軍澳鄰里互助計劃」合辦「健康家庭樂融融」社區教育活動，參與的大、小義工均樂在其中。



2009年10月11日是靈實翠林智樂居學員福來（圖中）受浸的日子外，傳道人、職員及義工也可藉著這機會向更多學員傳揚福音。



靈實白普理寶林社區健康發展中心14對夫婦一起重溫拍拖的甜蜜和婚姻生活的點滴，向配偶表示感激，並實踐「婚後繼續拍拖」來鞏固恒久的婚姻關係。



靈實日間社區康復中心的服務使用者及家人一同參與「逆境自強顯社群計劃——溫馨家庭日營活動」，十分熱鬧。

Touching Moments

觸動的時刻



2009年12月13日是靈實創毅中心學員樹圍的大日子，是日他懷著歡欣喜樂的心接受水禮。

靈實寶林日間活動中心暨宿舍的服務使用者於2009年12月5日到香港大球場欣賞東亞運動會的7人攪球比賽，感受現場熱鬧的氣氛。



靈實秀茂坪日間活動中心暨宿舍的服務使用者參加了智趣相投露營活動，他們成功搭營，晚上可以睡一覺好的！



靈實將軍澳及西貢地區支援中心會員應東港城商場之邀請，於聖誕節期間在商場載歌載舞，與市民歡度聖誕。



看！靈實坑口護理院的院友和家人一起參與生日會，從笑容已可知他們多麼快樂！



靈實明德日間活動中心暨宿舍的服務使用者於彩虹港鐵站「社區畫廊」展出自己的作品，開心得拍照留念。



靈實恩光學校的學生到國泰城參加國泰員工聖誕聚會，並聽到高皓正（前排中）分享見證呢！



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編者話 From the Editor

近來，翻開報章總離不開反高鐵、五區總辭、80後等話題，不論立場如何，看到這些消息，實在令人感到無奈。現今社會每天在變，人們內心充斥著怨氣和不信任。究竟有甚麼是永恆不變？有甚麼東西是我們可以在瞬息萬變的社會中持守？有甚麼能夠讓我們的社會循著一個正確的方向邁進呢？

今期的《靈·感》的主題為「在現代社會實踐基督精神」，當中探討何謂基督精神，並與您分享我們如何在服務中實踐出來。我們相信，時間雖會流逝，事物雖會變遷，但有些東西是永恆不變的，那便是基督精神——神的愛。

願我們每天愛身邊的人多一些，並在日常生活中實踐出來。

Society is changing every moment, and it seems not for the better. Many people feel dissatisfaction and distrust in many areas of their lives due to the constant shifts. Is there anything eternal, anything we can have complete trust in? Is there anything that can help us endure the changing society? Is there anything that can guide our society in the right direction?

This issue we focus on "Christian Faith and Modern Society" and we will explore what is "Christian Faith" and share how we achieve it in our services. We believe that time and things will change, but there is still thing which is eternal, that is the Christian faith and God's love.

We hope that we will inspire you to care more about the people in your life today.

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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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現代社會與 基督徒的信念

邱楊澤心 · 營運總裁

現代社會

基督徒的信念從亙古到現在都沒有改變。但在現今這個全球化的社會之中，每事每物都在急速轉變。資訊一眨眼便能越跨全球；消費品不斷湧現，幾乎在每個角落都能找到它們的蹤影。我們正處身於一個被物質洪流所淹沒的世界。然而，人們雖能享富裕的物質生活，現代社會卻標誌著「人與人」和「人與大自然」之間的疏離，以及人們心靈的空虛。究竟永恒的基督徒信念可以怎樣應用在現代社會呢？

三個痛苦的人

讓我們看看以下三位人物的故事：

莊先生90多歲，因患上老人痴呆症而被送往司務道護養院。莊先生一整天都在睡覺，清醒時也甚少說話。現代社會醫學昌明，人的壽命得以延長，但長者患上痴呆症的情況亦相對變為普遍。老年痴呆症也許是人類醫學成就上的一個詛咒。

魯太很年輕，卻因嚴重慢性痛症和行動能力受損而非常困擾。持續劇烈的痛症摧毀了魯太的生命。她長期靜靜地、鬱鬱寡歡地、駝著背坐在輪椅上。經過多年無效的治療，魯太已完全失去盼望，剩下的只有痛苦、憂愁和傷心。受著輪椅的束縛，她感到很無助，漸漸失去自尊，在痛苦的路上徘徊彷彿全無曙光與絕望。每當沮喪時，她都會發脾氣以引起其他人注意。丈夫的情緒亦因她大受困擾。現今先進的科技無助解決魯太的問題。

阿明患有中度智障。由於他年紀漸長，家人亦難以照顧他，所以便把他送往秀茂坪日間活動中心暨宿舍。阿明居住在宿舍六年，很享受參與宿舍的活動。後來，他得知自己不幸患上癌症，將要離開人世。究竟他知道甚麼是死亡嗎？他會否對生命失去盼望呢？究竟他知道甚麼是盼望嗎？

三個憑信得救的人

在現今社會，基督徒的信念如何與這三人扯上關係呢？讓我們再看看他們的故事：

莊先生沒有被離棄，同工亦沒有放棄他。相反，他參加了「伊甸園計劃」。這個創新的計劃是假設莊先生的情況是因為他的感官系統失常而引起的。若他的感官能夠稍微復原，莊先生便可再次說話。透過數節感覺統合治療（這種治療一般應用於有感官系統問題的兒童上），莊先生慢慢恢復活力，而且少睡了。更令他的子女、同工及治療師驚訝的是，莊先生開始可以有條理地說出一些長句子。

在日間社區康復中心，魯太感受到身邊的人都能體會她的痛楚，她感受到被關愛、被接納和被認同。魯太在2007年信主，並於2009年受浸。現在，她得到重生，並靠著神的恩典帶領一個自助小組，透過分享福音，使一些受痛症折磨及需接受長期護理的組員從痛苦、憂鬱、毫無自尊心、孤單及憂慮中得到釋放，並與社區內的同路人互相

基督徒的信念
提醒我們要去
服事破碎的生
命，並為社會上
受壓迫的人帶
來希望。

Christian Faith and Modern Society

Yau Yeoh Chak-sum, Chief Operating Officer

The tenets of the Christian faith are unchanging at every age. In today's globalised society, changes are made at breakneck speeds; information is disseminated across the earth in a blink of the eye; consumer goods are launched and sold instantaneously at all corners of the world; and never before has there been such abundance of things material. And yet, today's society is marked by alienation and disconnectedness in relationships with one another and with the natural world, and by emptiness of the spirit despite abundance of material things. How are the unchanging beliefs of the Christian faith applicable in such a society?

Three People in Pain

Consider the lives of the following three persons:

Mr Chong is a 90+ elder admitted to our Sister Annie Skau Nursing Home due to dementia. He was very quiet with hardly a word when awake. He slept many hours a day. In modern society with advances in medical technology, people are living longer and dementia becomes quite common amongst the very old. It could be said that dementia is the curse of man's success in medical advances of modern society.

Mrs Lo is a young woman who suffered from severe chronic pain and impaired mobility. The persistence and severity of the pain wrecked her life. Most of the time she sat hunched in her wheel-chair silent and sullen. After years of dashed hopes from unsuccessful treatments, she was full of bitterness, unhappiness, and anxieties. Wheelchair bound and without light at the end of the suffering tunnel, she felt helpless and has developed low self-esteem and hopelessness. Often in frustration she acted out in anger and demanded attention. Her husband had suffered emotionally with her. All of today's technological advances could not help them.

Ah Ming is a moderately mentally handicapped person. His parents were unable to take care of him as he grew older and he came to stay at our Sau Mau Ping Day Activity Centre cum Hostel. There he was residing for six years, enjoying the programmes and activities of the Centre. He heard he had cancer and he would die. Would

he understand what death is? Would he lose hope? Would he understand hope?

Three People Helped by Faith

What is the relevance of the Christian faith to these three persons in today's society?

Let's look at these 3 lives again further down the road:

Mr Chong was not left alone nor did staff give up on him. Instead, he was enrolled into our Eden Project. This innovative Project is based on the hypothesis that Mr Chong's condition was the result of malfunctioning of his God-given basic senses and that if restored somewhat, he could speak again. Through the therapeutic effects of sensory integration, an approach quite commonly used for children with sensory malfunctions, Mr Chong became alive after several sessions of sensory integration. Much to the surprise of everyone, including his children and staff and also the therapist, he began to speak in long sentences and coherently. He slept less.

At the Community Rehabilitation Day Centre, Mrs Lo felt loved, accepted, and acknowledged and her pain understood. She received Christ two years ago and was baptised in 2009. Her spirit is regenerated, and now with confidence in the grace of God she chairs a self-help group whose aim is to share the Gospel so that those in pain and requiring long-term care can be liberated from bitterness, depression, poor self-esteem, loneliness, and anxieties, and be supported in their community of fellow pain sufferers. She goes about on her wheelchair freely and shares empathetically with others in pain. Modern medical knowledge and treatments could not help Mrs Lo. The healing of her spirit through the transformative love of Christ did.

Ah Ming passed away within six months of being diagnosed with cancer. About a month before his death Ah Ming accepted Christ and was baptised just before he passed away. Many staff of our Sau Mau Ping Day Activity Centre cum Hostel were at his death bed and saw the peace that radiated from his face and they themselves were comforted. Much earlier, Ah Ming had been attracted

扶持。魯太能喜樂地坐在輪椅上，與其他同樣受痛症困擾的人分享自己的經歷。現代醫學知識及治療方法不能幫助盧太，惟獨是基督的愛可以治癒和轉化她的心靈。

阿明於確診患上癌症六個月內逝世。在離世前一個月，他信了主並接受水禮。阿明臨終時，很多秀茂坪日間活動中心暨宿舍的同工都在他的病床邊陪伴他。他們看到阿明臉上流露出的平安而得到很大的安慰。阿明生前很喜歡詩歌。他很期待每個星期天中心的同工帶他到教會參加崇拜。與弟兄姊妹的接觸讓他感到被關愛和被重視。對於常以經濟生產力來衡量價值的現代社會而言，會否視從沒以工作賺取生計的阿明為毫無價值呢？基督徒的信念肯定阿明的價值。阿明在基督裏滿有平安；阿明與他的創造主修和；他雖然已經與我們別離，卻在主裡變得完全。

基督徒的信念

以上三位人物的經歷呈現出現代社會裏面一些活生生的故事：一位雖然得享長壽，卻因長壽而受盡老人痴呆症的折磨。現代社會的知識和基督的愛心關懷讓他與身邊的人重建關係。另一位備受痛症困擾而身心俱疲，縱使先進的科技對她沒有絲毫幫助，但因著她的心靈得到醫治，為她帶來意料之外的果效，使她重燃希望。最後一位天生智障，經常被視為「次要的」和「悲哀的」；更不幸患上癌症，但他仍能走得平靜、走得安寧。能如此安祥地離去，不禁令人羨慕。

那麼，基督徒的信念與現代社會有何關連呢？基督徒的信念就是要珍惜生命，不論是任何的年紀都不可放棄生命；以行動證明人間有愛、人的心靈可得重整、人可以與造物主以及身邊的人復和。正如聖經教導我們：「這些事你們既作在我這弟兄中一個最小的身上、就是作在我身上了。」（馬太福音25章40節）基督徒的信念提醒我們要去服事破碎的生命，並為社會上受壓迫的人帶來希望。「他曾照自己的大憐憫……重生了我們，叫我們有活潑的盼望。」（彼得前書1章3節）

與服務使用者 一同以聖經原則生活

盧恩敏，靈實尚德社區健康發展中心社工

我們相信品格培育對兒童極為重要，亦相信人若能按聖經原則生活，必能結出聖靈的果子，讓神心滿意足。因此，靈實尚德社區健康發展中心推行了「活用金句大行動」，將聖經及品格融合，希望增加兒童對品格和聖經的認識、鼓勵他們思考金句的意義及將它們實踐在日常生活中。

以下是其中一位兒童的分享：

「有一天，我不小心把媽媽的水杯打破了，媽媽卻誤以為是家中小貓所幹，狠狠地責打小貓。那時侯，我鼓起勇氣，向媽媽說出實情。」這位兒童具體地實踐了「勇敢」的品格！

除了服務使用者外，我們亦鼓勵同工透過讀、背及思考經文，在生活、工作中實踐信仰。



同學們正在誦讀金句，同工亦在旁悉心指導。
With the guidance of our colleague, pupils are reading aloud the Bible verses.

to hymns and Christian songs and looked forward to Sundays when staff would take him to a local church for worship service. He felt loved and significant from the interactions with church members. Would modern society where man is measured by his economic productivity, consider Ah Ming as of no value to society, having not done a day's work to earn his living? The Christian faith validates Ah Ming's existence. He found peace in Christ; he was reconciled to his Creator; though he is separated from us, he became whole in the Lord.

The Relevance of Christian Faith

The above stories are of human lives in this modern society – one while blessed with longevity was blighted with dementia because of his longevity, and with knowledge from modern society and loving care restored some of his connection to the people around him; another for all the technological advances could not relieve her pain and physical and inner suffering, but through healing of her spirit brought forth outcomes beyond her imagination and restored her hope; and the third, born with mental disability and in the eyes of many a lesser being, and sadder, by world's view, in the last stage of his life also had cancer, but he passed away with peace and comfort, and possibly such a death envied.

So what is the relevance of the Christian faith in today's society? The Christian faith is about cherishing such lives as above of whatever age; it is about not giving up on people; it is about testifying that there is warm love, restoration of the spirit, reconciliation with the Creator God and those around. The Christian faith dictates that broken lives in society be served "...whatever you did for one of the least of these brothers of mine, you did for me" (Matthew 25: 40) and that downtrodden people in society be given hope "... In his great mercy he has given us new birth into a living hope..." (1 Peter 1:3b)



To Live the Bible's Principles

Debby Lo, social worker,
Haven of Hope Sheung Tak Community Health Development Centre

We believe that character cultivation is of great importance to children. We also believe that if one can live the Bible's principles, he/she must bear the fruits of the Holy spirits and may God be satisfied. So, Haven of Hope Sheung Tak Health Development Centre implements "To Live with What the Bible Says", which integrates character building with the Bible's principles and aims at strengthening children's understanding on character and the Bible, and encouraging them to think about the meaning of the verses and achieve it in their daily lives.

Here is just one example of this in action as shared by one of our children:

"One day, I broke a glass of my mother's by accident. But my mother mistakenly thought it was the cat and she beat it. I summoned courage and told her the truth." This example clearly shows that he had carried out the principle "brave" in his daily life.

In addition to the service users, we also encourage colleagues to act out the religion in their lives and work through reading, reciting and thinking about the Bible's verses.

“The Christian faith dictates that broken lives in society be served and downtrodden people in society be given hope.”

靈實福音佈道團 延續荒原上的雲彩

陳麗娥，靈實醫院署任病室經理暨專科護師（紓緩治療科）



病人福音聚會多元化，有福音粵曲、魔術表演等，吸引不少病人參加。

Evangelistic activities attract a lot of patients.

靈實福音佈道團於1964年由靈實醫院的基督徒同工組成，實踐傳揚福音和靈性關顧的使命，是醫院最早的義務福音組織。雖然時代、人事、環境和醫院組織架構不斷變遷，但佈道團的使命仍是歷久常新。

昔日佈道團的工作包括病人福音工作及團契、同工佈道及栽培，還有鄉村主日學，這些服事仿如雲彩般的印記。踏入21世紀，佈道團仍致力推動病人福音工作和同工關顧，實踐基督精神，作鹽作光，延續荒原上的雲彩。這些活動包括病人福音活動及床邊佈道、聖誕報佳音、同工查經小組、同工團契和樂韻悠揚等。

靈實福音佈道團在這世代承傳和開拓了事奉的領域，盼望更多同工起來接棒，攜手服事，體會上帝的豐盛和讓上帝的名得榮耀。

不捨的愛——靈實精神

梁啟志，靈實胡平頤養院院牧



「靈實」——一個有57年歷史的名字，特別在將軍澳，更是一個市民普遍認識的名字。在一般人心裡，靈實是一個人生最後階段的所在，因為這裏收容的，許多都是末期病人。

靈實的創辦人司務道教士從內地來港，便開始照顧當時調景嶺的國民黨遺民。那時肺癆病十分流行，他們沒錢看醫生、沒藥吃、更沒有人理會他們。如果不幸染病，他們只有活活等待死亡的來臨，生活在絕望和困苦中。

但司教士沒有離棄他們，她放棄了家鄉舒適的生活，甘願留在這片被遺棄的土地，照顧這群被離棄的人。她用心照顧他們，為他們尋找資源、買藥和建立適合養病的地方。多少次病人在夜間彌留，司教士總是守護在側，即使病人咯出的血都噴在自己身上，她還是抱著他、安慰他，陪他走完最後的一段路，不讓他孤單離去……這正是基督對世人不捨的愛！

今天是何等恩典，讓我能夠成為靈實人。秉承司教士對老弱病患的愛心，照顧困苦無依的社群；從智障、殘障、弱老；從醫院到上門服務、從社區到院舍；都有我們服務的地方。

但願這份從基督而來的愛能藉著我們的手送到每一個絕望困難的地方，讓生活在黑暗中的人得到亮光、溫暖和盼望，更讓他們知道神從來沒有離棄他們！願我們繼承司教士的風範，發揚這種不捨的愛，讓世人因看到這靈實精神，把榮耀歸與天上的父！阿們！

Imprint of Clouds

Chan Lai-ngor, deputy ward manager/nurse specialist (palliative care),
Haven of Hope Hospital

Haven of Hope Evangelistic Fellowship was established by Christian staff of Haven of Hope Hospital in 1964 and was the earliest voluntary evangelistic team of the hospital, which aims at preaching the gospel and promoting spiritual care. Despite changes in time, people, environment and the organisation structure of the hospital, the mission of the fellowship is still present.

Our past services included evangelistic work and fellowship for patients, sermons and training for staff, and village bible teaching class; all these were just like imprint of the clouds. In the 21st century, in order to practise the Christian faith in modern society, to be the salt of the earth and the light of the world, and to extend the clouds over the barren upland, we strive to promote patients' evangelistic work and the staff's spiritual care through evangelistic activities and bedside sermon for patients, carolling at Christmas, Bible study groups and fellowship for staff, and hymn singing.

Haven of Hope Evangelistic Fellowship witnesses the ministry of heritage and exploration in this era. We hope that more staff could support and join us, experience the enrichment of God and may God be glorified.



「樂韻悠揚」是同工喜愛的團契活動。

"Hymn Singing" is a popular fellowship activity among staff.

Sacrificed Love -The Haven of Hope's Spirits

Matthew Leung, chaplain, Haven of Hope Woo Ping Care and Attention Home

The Haven of Hope has been established for 57 years, and is a well-known organisation especially in Tseung Kwan O. Generally speaking, the Haven of Hope is a place for people's last journey, because we mostly serve terminal patients.

Sister Annie Skau, the founder of the Haven of Hope, came from China and started taking care of the refugees of the Chinese Nationalist Party in Tiu Keng Leng. At that time, tuberculosis was a common disease; the refugees could not afford a doctor and medicine. Moreover, no one cared about them. If they were unfortunately infected, they would live in desperation and hardship and wait for death. Thankfully Sister Annie Skau was there for them.

She inspires many still to this day with her story. She left her peaceful home land, chose to stay in what was a barren land and served those neglected. She wholeheartedly took care of the patients, exploring resources, providing medicine and establishing a suitable place for them. So many nights,

she stayed with dying patients holding and comforting them till the last. She never left them alone. Her work mirrors the sacrificed love of Jesus Christ to us.

Today, I feel amazed that as a staff member of the Haven of Hope I get to follow in the steps of Sister Annie Skau by serving the elderly, the frail and the sick and taking care of the neglected in society. The Haven of Hope serves the mentally retarded, the disabled and the frail elderly and our service extends from hospital to homes; elderly homes to the community.

We hope that the love of Christ could pass to those in need through our work, bringing brightness, warmth and hope to those who are living in the darkness, and let them realise that God never forsake them. Let's follow the example of Sister Annie Skau and extend "sacrificed love" to others, so that they could experience the Haven of Hope's spirit and glorify our Heavenly Father. Amen.

耆樂餅

義賣籌款2009

各界同心用愛 與長者連線



靈實行政總裁林正財醫生、西貢區議會社會服務及健康安全城市委員會主席周賢明議員及宏利人壽保險（國際）有限公司副總裁兼首席經銷總監李漢雄先生擔任「耆樂愛心月」動員社區力量大行動開幕典禮主禮嘉賓。（左至右）

Dr Lam Ching-choi, BBS, JP, CEO of the Haven of Hope, Mr Chau Yin-ming, MH, chairman, Social Services & Healthy and Safe City Committee of Sai Kung District Council, and Mr Emil Lee, VP & chief agency officer of Manulife (International) Limited were the officiating guests of the "Care for the Elderly — the Haven of Hope Elderly Month Community Mobilisation Kick-off Ceremony. (From left to right)



活潑可愛的小學生也參加義賣，為靈實的長者服務出一分力。

A lovely pupil also participated in the "Qile" Charity Cakes Sale and contributed for the elderly care services of the Haven of Hope.

靈實耆樂餅義賣籌款已於2009年11月28及29日順利舉行，為非資助的靈實長者服務籌募經費。是次義賣獲得市民、公司、學校、屋邨屋苑及義工團體的鼎力支持，大家齊齊以行動關懷有需要的長者，為靈實長者服務籌得約一百四十萬港元。

您的一分一毫 使長者活得更健康

長者不同階段有不同的健康需要，所以靈實提供多元化的長者服務，例如為體弱長者而設的院舍服務及為健康長者而設的長者地區服務等。不過，有些長者服務在社會上未必有足夠的支援，所以是次活動的善款將用作開展一些尚未獲政府資助的計劃，如探訪一些獨居及隱蔽長者，並改善他們的家居；購置醫療器材及復康用具，為他們進行度身訂做的復康及護理療程；推出中醫保健計劃促進他們的身心健康。因此，您的一分一毫能使長者活得更健康。

如你欲支持或了解更多靈實的長者服務，請致電 2703-3373或瀏覽www.hohcs.org.hk

耆樂伙伴
"Qile" Partner



全力支持
Supported By



特別鳴謝
Special Acknowledgement

「耆樂餅義賣籌款2009—社區參與（西貢、將軍澳）」策動小組
（排名不分先後）：

"Qile" Charity Cakes Sale 2009 — Community Participation (Sai Kung and Tseung Kwan O) Mobilisation Committee (In no particular order) :

伍炳耀議員 Mr Ng Ping-yiu
何民傑議員 Mr Ho Man-kit
林少忠議員 Mr Lam Siu-chung
祁麗媚議員 Ms Ki Lai-mei
邱茂秀議員 Mr Hiew Moo-siew

陳國旗議員 Mr Chan Kwok-kai
陳繼偉議員 Mr Chan Kai-wai
陳權軍議員 Mr Chan Kuen-kwan
鍾群珍議員 Ms Chung Kwan-chun
譚領律議員 Mr Tam Lanny

「愛·與長者連線」平面廣告設計比賽協辦機構：
Co-organiser of the "Connect to the Elderly through Love"
Graphic Design Advertisement Competition



Connect to the Elderly through Love

The annual “Qile” Charity Cakes Sale, which aims at raising funds for the non-subservient elderly care services of the Haven of Hope, was successfully held on 28-29 November 2009. The programme was greatly supported by the public, companies, schools, residential estates and volunteers, who joined together to care for the needy elderly. And about \$1.4 million was raised.

Every of Your Little Penny Will Lead A Healthy Life for the Elderly

Elderly in different stages have different health needs. So, the Haven of Hope provides various elderly services. For example, we provide nursing care services and the District Elderly Community Service for the frail and healthy elderly respectively. However, the society may not provide enough support for these services. Thus, the fund raised will be used for exploring some non-subservient projects, such as paying home-visits to singletons and hidden elders and improving their household facilities; purchasing medical equipments and rehabilitative tools in order to provide tailor-made rehabilitation and nursing treatment for the elderly; launching Chinese medicine health care project to enhance the physical and mental health for the elderly. Thus, every of your little penny will lead a healthy life for the elderly.

Should you want to support or enquire about our Elderly Care Services, please call 2703-3373 or visit our website www.hohcs.org.hk.

“Qile” Charity Cakes Sale 2009



靈實的長者一身非洲民族打扮，配合節奏強勁的非洲鼓，盡顯活力。
The Haven of Hope's elderly were very energetic in the Djembe performance.



屋邨屋苑及企業代表與靈實的長者大玩扮嘢比賽，為觀眾帶來不少歡笑。
The representatives from the residential estates and the corporations played games with the Haven of Hope's elderly and all of them had great fun.

特別鳴謝以下商戶及贊助商（排名不分先後）：

Special Thanks to the Following Shops and Sponsors (In no particular order) :



泰越坊 | 魚之味日本料理 | 六福菜館 | 仁安堂 | 勝記海鮮酒家 | 賽馬會西洲公眾高爾夫球場有限公司 | 西貢(1、2號)專線小巴有限公司

特別鳴謝以下單位協助宣傳（排名不分先後）：

Special Thanks to the Following Units for Promotion (In no particular order) :



「夢想・我為您達到」 活動

小時候，老師總會叫我們作一篇「我的夢想」的文章，大部分同學都希望日後能成為老師、消防員和警察等，並為此而努力。對於健全的人來說，他們可以自己實現夢想，但有些人的夢想卻需要別人的幫助才可達成。有見及此，靈實第二年舉辦了「夢想・我為您達到」計劃，並獲得「中原慈善基金」贊助，為100位有需要人士實現夢想，為他們的生命帶來盼望。這些人都是一些弱勢社群和被社會遺忘的人，當中包括了長者、兒童、智障人士、病人及綜援家庭，靈實希望滿足他們一些生活上最基本的需要，讓他們感受到人間有情。

走出隱蔽幽暗的人生

蔡婆婆為獨居長者，曾遭丈夫虐待，雖然已與丈夫分居多年，但仍活在陰影下。蔡婆婆不喜歡與人交往，更害怕接觸陌生人，更試過獨自留在山邊。另外，由於家居設施的損壞，蔡婆婆時常感到苦惱，不過她不會主動找朋友幫手。因此她希望能購置設施及維修家居，這能減少她的煩惱外，更可改善其生活質素，讓她逐漸走出隱蔽的生活。

「蔡婆婆最開心之處，便是感到社會上仍有這麼好的有心人出錢出力為她改善家居設施，因為從來沒有人這樣為她操心。看到現時擁有的一切，她便很高興，說話時更眼泛淚光。雖然她不善言辭，但從她喜悅的表情中，可感受到她真的很滿足。」（社工伍姑娘）

出入自如的盼望

阿能自小患有腦痙攣，日常生活需以電動輪椅代步。雖然面對重重障礙，但他仍努力不懈，自力更生。不過由於輪椅已

使用多年，且損耗嚴重，雖然曾維修部份零件，但性能已大不如前，並影響其日常生活。例如阿能回家時往往需要別人協助才能成功上斜路，有時甚至要致電年老雙親協助回家。因此，阿能希望購買新的電動輪椅，減少生活上的不便之餘，也不用父母那麼辛苦。

「我使用電動輪椅已經八年了，對我來說它非常重要，因為有了它之後，我的活動能力大大增加，生活圈子也擴闊了很多，自己更可外出學習及找一些合適的工作。能以自己有限的的能力去融入社會，令我重拾一點做人的意義。」（阿能）

重拾歡笑的童年

童年是人生最快樂的時光，一般小孩會到處跑、到處跳，去認識這個世界，但阿晴卻不能。因為她出世時在醫院受到感染，影響了肺部功能，以致出院後一直需用呼吸機幫助呼吸。每當阿晴嚷著要上街，父母都感到很無奈，因為攜帶外出的氧氣樽實在太昂貴了，所以他們盡量把阿晴留在家中。阿晴希望能租用氧氣機連手提氧氣樽，重拾愉快的童年。

「阿晴自小肺部機能出現問題，一直影響她的日常生活，很高興今次能獲『中原慈善基金』幫助，讓她能像一般小孩子過快樂的童年。」（阿晴媽媽）

從他們的分享中，我們深深體會到是次贊助對他們有著重要的意義及實質的幫助，更重要的是讓他們感受到社會上的關懷，並在他們艱難的人生路上為他們帶來一點溫暖及盼望。

「愛華券」慈善籌款2010支持內地社會服務

香港基督教愛華會（以下簡稱「愛華會」）於2010年2月1日至3月15日期間舉辦「愛華券」慈善籌款2010。愛華會為註冊慈善團體，主要協助內地教會推動社會服務事工，而靈實亦是會員機構之一。為了為內地社會福利服務的發展出一分力，靈實於2010年1月28日至2月27日舉辦了單位認購大行動，並設立單位最高銷售獎，而獲獎部門為**TotalCare長者健康醫護服務**。

“Ai Hua Ticket” Charity Sales 2010

Hong Kong Christian Ai Hua Association launched “Ai Hua Ticket” Charity Sales 2010 from 1 February to 15 March 2010. Ai Hua Association is a registered charitable organisation, which strives to assist China's churches in promoting the social services and the Haven of Hope is one of its member. In order to contribute our efforts in the development of China's social welfare services, we organised a “Subscription Programme” and the unit which attains the highest sales per staff would be awarded a “Highest Sales Prize”. And the winner is **TotalCare solutions for aged care**.



十「伙」力羅萬親愛
愛心服務獻中華

“Hundred Dreams Come True” Programme

When we were young, teachers always asked us to write a composition on “My Dream”. Most children hoped to be a teacher, a fireman or a policeman etc. and they would try their best to achieve it. For healthy people, achieving dreams on their own is possible, however not everyone is so lucky, and some need our help to fulfill their dreams. Therefore, Haven of Hope launched a “Hundred Dreams Come True” Programme again, which was funded by “Centaline Charity Fund Limited”. The programme helped 100 needy people to achieve their dreams, and bring them hope. These people are those minority groups and neglected by the society, such as the elderly, children, the intellectual disabled, the patients and families receiving Comprehensive Social Security Assistance. We hope to fulfill the basic needs of their life and enabled them to feel our love.

Leave the Hidden and Gloomy Life

Granny Choi is a singleton. She was battered by her husband. Though she has been separated from him for many years, she has still been living in a shadow overhead. She is afraid of strangers and seldom communicates with people. She even stayed at the hillside alone. On the other hand, she always feels upset about the damaged household facilities. However, she doesn't ask her friends for help. So, she hopes to buy some facilities and repair the old ones. In short, this programme not only eases her troubles, but also improves her quality of life which facilitates her to leave the hidden and gloomy life gradually.

“The happiest thing of granny Choi is that she realised there are still many caring people who use their money and energy to improve her household facilities as no one had done it before. She is delighted and touched when she looks at what she is possessing. Although she doesn't speak well, we can feel her satisfaction from her happy face.” (By Ms Ng, a social worker)

A Hope for Going Everywhere

Ah Neng suffered from cerebral vasospasm when he was young and had to use an electric wheelchair. Despite the difficulties, he never gives up and hopes to stand on his own feet. However, as his wheelchair is old and damaged though he has repaired it, it cannot function properly and affect his daily lives. For example, he needs the help from other pedestrians to ride on a steep ramp successfully when he goes home, and he even needs to call his old parents to pick him up. Thus, he wants to have a new electric wheelchair which enables him to have a convenient life and avoid the toil of his parents.

“I have used the electric wheelchair for eight years. To me, it is very important. It raises my mobility and assists me to widen my circle of life. Also, I can learn and find suitable jobs outside. I can find my meaning of life when I use my limited ability to integrate into the society” (Ah Neng)

Have A Happy Childhood

Childhood is the happiest time in our life. Normal children can run and jump everywhere to know the world, but Ah Ching doesn't. When Ah Ching is born, she was infected and her lungs' function was affected. Hence, she must breathe with a respirator. Every time when Ah Ching yelled to go out, her parents would feel hopeless, because portable respirator is very expensive, they only let her to stay at home. Ah Ching hopes to rent a respirator together with an oxygen mask, so that she can have a happy childhood.

“Ah Ching suffers from lungs' problems when she is young and this really affects her daily lives. I'm happy that with the sponsorship from “Centaline Charity Fund Limited, she can have a happy childhood, like other normal children.” (Ah Ching's mother)

From their sharing, it is easy to understand the meaningfulness of this sponsorship programme. It is not only meaningful to them, it also provided practical assistance. More importantly, it makes them feel the love and touch of our society during their difficult times.

夢想·我為您達到
Hundred Dreams
Come True



比賽開始前，各高球手一同合照。
A group photo taken before the tournament started.

第十二屆靈實高爾夫球慈善賽 —助白內障長者重見光明

第十二屆靈實高爾夫球慈善賽已於2009年11月21至22日，假南沙高爾夫球會順利舉行。這項一年一度的盛事能夠取得圓滿成功，實有賴各參加者及贊助機構的鼎力捐獻及支持。靈實很榮幸繼續得到美聯集團及東亞銀行分別捐出港幣十萬元及五萬元，為今屆慈善賽籌得共五十五萬多元善款。

一如以往，籌得款項將全數撥作支持靈實的長者服務，而今年所籌得的善款將繼續撥作支持「靈實慈恩醫療服務—免費白內障摘除手術計劃」。該服務自2008年6月推出後，已為三百多名經濟有困難的長者免費進行手術，而靈實於2010年將繼續透過不同的渠道籌募經費，期望可提供額外200名受惠名額。



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

Haven of Hope Fundraising Golf Tournament 2009 - Bring Hope to the Cataract Elders

The 12th Anniversary Haven of Hope Fundraising Golf Tournament 2009 was held on 21-22 November 2009 at Nansha Golf Club, China. We would like to express our deep gratitude to all participants and sponsors who made the tournament successful, especially thanks to Midland Holdings and Bank of East Asia for the \$100,000 and \$50,000 cash sponsorship respectively. Over \$550,000 was raised at last year's tournament.

The donation raised will be used to support our elderly services, namely "The Charity Medical Service — Free Cataract Surgery Programme". Since the service started in June 2008, we have restored clear sight for over 300 elderly. This year, we will strive to explore various fundraising means to support another 200 cases.

靈實寧養院三周年感恩紀念日暨 香港賽馬會慈善信託基金捐獻致謝典禮

靈實寧養院於2009年12月3日假該院香港賽馬會康庭花園舉行「靈實寧養院三周年感恩紀念日暨香港賽馬會慈善信託基金捐獻致謝典禮」，紀念該院投入服務三周年，並向捐贈了二千零八十萬元支持該院建設費用的香港賽馬會慈善信託基金衷心致謝。過去三年，寧養院實踐「用愛擁抱晚晴」的理念，致力透過專業的護理隊工、社工及院牧，不但為晚期病患者提供護理服務，更重要的是為他們及其家人帶來心靈上的安慰，並與他們同行，走過哀傷的日子。透過善長的捐款，不少病人及家人都能積極面對人生的終結，這也成為寧養院繼續提供「全人生命晚期照顧」的動力。



香港賽馬會康庭花園環境清幽，讓院友及家人一起親近大自然，享受家庭之樂。

The environment of Hong Kong Jockey Club Healing Garden is beautiful, where patients and families can have a good time in the nature.

Haven of Hope Holistic Care Centre 3rd Anniversary Thanksgiving Ceremony

A ceremony was held on 3 December to celebrate the 3rd anniversary of Haven of Hope Holistic Care Centre, as well as to express our gratitude to the Hong Kong Jockey Club Charities Trust for the donation of \$20.8 million to support the capital work of the Centre. The ceremony was held at the Hong Kong Jockey Club Healing Garden at the Centre. In the past three years, the Centre has demonstrated the objective of "Embracing the Last Journey with Love" and strives to provide nursing services for the terminally ill through a professional nursing team, including social worker and chaplain. More importantly, they bring comfort to the patients and their families, walk with them and help them overcome their grief. Through the donation, many patients and their families can face the end of their journeys on earth positively. And this is the motivation for the Centre to continue "Holistic End-of-life Care".



一眾主禮嘉賓靈實行政總裁林正財醫生、西貢區議會社會服務及健康安全城市委員會主席周賢明議員、香港賽馬會慈善事務經理陳載英女士、靈實董事會副主席黃李玉平女士及寧養院院長梁智達醫生（左至右）。

The officiating guests Dr Lam Ching-choi, BBS, JP, CEO of the Haven of Hope, Mr Chau Yin-ming, MH, chairman, Social Services & Healthy and Safe City Committee of Sai Kung District Council, Ms Imelda Chan, manager, Charities of the Hong Kong Jockey Club, Mrs Wong Lee Yuk-ping, vice-chairman of the Haven of Hope Board of Directors, and Dr Antony Leung, the medical superintendent of Holistic Care Centre. (From left to right)

「憐憫貧窮的，
就是借給耶和華；
他的善行，
耶和華必償還。」

(箴言19章17節)

“He who is kind to the poor
lends to the Lord,
and he will reward him
for what he has done.”

(Proverbs 19: 17)

借給上帝，祂必償還

周家成牧師，福音事工社區福音事工組

有個小男孩，父親給了他五塊錢，並告訴他可以隨意使用，後來父親問起這件事，小男孩說已經把錢借給別人了。父親問借了給誰，小男孩說借了給路邊一個窮人，因他的樣子好像非常飢餓。父親說他是個小傻瓜，錢會拿不回來，但小男孩以聖經回答父親，說送給窮人的就是借給耶和華。父親聽罷，心裡感到十分欣慰，於是又拿出五塊錢給他。小男孩一看見，就滿心歡喜地說：「我就是知道錢能拿回來，只是沒想到這麼快啊！」

上帝可曾向你借過甚麼？從別人的缺乏中，你可曾看見從神而來的感動，叫你分享你所有的？聖經告訴我們好撒馬利亞人的故事（路加福音10章25至37節）：當他看見一個受傷求助的人，就動了慈心，為他包紮傷患，送到旅店休息，又為他付上所需費用。他的愛心善行，直到今天世界上仍有許多人紀念他，效法他作榜樣。主耶穌說：「你去照樣行吧。」（路加福音10章37節）並應許凡為祂名行善的必得賞賜。（馬太福音25章31至46節）因為作在一個小子身上，就是作在上帝身上了。

Lend to the Lord and He Will Reward

Reverend Sunny Chow,

community evangelistic work unit, Evangelistic Work Department

A little boy was given five dollars by his father and was told that he spend it on whatever he liked. After some time, the father asked the little boy what he had done with the money and the boy replied that he had lent the money to others. The father wondered whom his son would lend the money to; his son answered that he had lent the money to a beggar as he seemed to be very hungry. The father thought that his son was stupid and the money would never be returned. But the little boy replied to his father with the Bible's verse; he said if he lent to the poor, which means he lent to the Lord. The father was delighted and gave him five dollars again. The boy was excited and said, "I just know that the money will come back, but don't know how fast!"

Does the Lord ask you to lend something? Does the Lord inspire you to share your things with people in need? The Bible teaches us a story of a Samaritan (Luke 10:25-37); he saw an injured person and took pity on him. He went to him, bandaged his wounds, took him to an inn and took care of him. Until now, his loving act serves as a model and was remembered by most people. Jesus Christ said, "Go and do likewise." (Luke 10:37), and promised that the one who do a good act under His name must be rewarded. (Matthew 25:31-46) as whatever we did for one of these brothers of Him, we did for Him.

從開始到現在的愛心

陳美英，公共關係組助理經理

香港人的流動性一向高。我們很少會聽見有人在同一處地方工作超過幾十年。「阿爺」是個例外。作為一名資深護士，阿爺在靈實醫院工作將近40年，醫院裏無人不認識他。究竟是甚麼吸引阿爺一直在靈實忠心服事呢？

從開始……

70年代初，阿爺只是一個十餘歲的小伙子。一天晚上，一位教會弟兄告訴阿爺他正在靈實肺病療養院當護士。當阿爺想到醫護工作是多麼神聖並充滿挑戰時，他立時有當護士的念頭。雖然明知報讀護士課程的截止日期已過，但他們仍決定當晚夜訪靈實，向司務道教士（靈實創辦人之兼當時的護士長）報名。不過，司教士拒絕了他們。第二天一早，他們再到靈實求司教士，司教士終被他們的誠意打動……

護士課程及工作很辛苦，學生每星期只有一天假期，所以居住得遠的同學一般會選擇留在療養院過週末而不回家。而且，基於安全理由，學生不可以在晚上離開療養院，所以他們大部分時間都會留在療養院，甚少休息。不過，阿爺覺得最辛苦的還是新入學時，他常常被師兄「點」去做一些吃力不討好的工作，不過這亦令他經歷更多的磨練。除了要照料病人日常的飲食和起居生活外，阿爺還要洗地、清理病人的大小二便和清洗盛載的容器等。儘管如此，阿爺並沒有放棄當護士，全因為司教士對他的影響。

難捱的時光

司教士對病人充滿愛心，在學生心目中，她是眾人的「媽咪」、「好朋友」和「學習榜樣」。司教士每天工作14至15小時，有時甚至只睡二、三小時，「完全馴身」照顧病人。司教士的犧牲精神讓阿爺深深明白服事病人的意義。「我會當病人是朋友，雖然他們只是過客，但我希望為他們提供最好的服務，讓他們留下好印象。」阿爺曾認識一名肺病病人，該病人比他還要早「加入」靈實。由於病人的身體對藥物產生抗藥性，所以他28年來未曾離開過醫院。病人的性格熱情，跟阿爺經常在聚會碰頭，故二人很快便成為朋友。後來，病人能奇蹟

阿爺喜歡唱歌，常常和其他同工一同表演，為病人帶來不少歡樂。

Grandpa loves singing and patients always have fun in watching the staff's performance.



阿爺視所有病人為朋友，希望為他們提供最好的服務。

Grandpa treats the patients as friends and wants to provide the best services to them.



阿爺（右三）在靈實服事了39年，並曾在靈實的週年晚宴上獲頒長期服務獎。

Grandpa (the 3rd from the right) has served the Haven of Hope for 39 years and was awarded the Long Service Award in the Haven of Hope Annual Dinner.

出院，阿爺非常雀躍，但同時亦很依依不捨，因為阿爺已視病人為朋友，而病人亦已視醫院為「家」。

不過，阿爺也曾遇過一些不合作的病人。他曾被一名癮君子用粗言穢語辱罵、用口咬他手臂、更語帶恐嚇說：「只要你一日嘅度做，我就有辦法令你等不到退休。」阿爺說：「我當時很慫，亦很恐懼。不過，我想病人雖然不對，但我也要反省自己某些行為是否刺激了他？漸漸，我的心變得平和，亦學會饒恕。我想病人事後都會反思，他最終會知道誰待他好。」過了數星期，病人真的主動向他道歉，彼此亦和好如初。就是這樣，阿爺的愛心融化了病人剛硬的心。

從榜樣中學習

阿爺亦從司教士身上學會憐恤病人。以往曾有貧困的病人無法支付住院費及藥費，不過司教士仍會收留他們，並靠醫院手工部在店舖寄賣小手工或海外教會捐獻來增加收入。阿爺曾遇過一名病人，因發脾氣破壞了醫院的電視機，但阿爺考慮到病人只是一名地盤工人，收入微薄，無法賠償，於是便與其他同工自發籌錢購買一部新的電視機。雖然，最終籌得的金額不足以購買新的電視機，但阿爺沒有失望，因為他覺得「他（病人）今日雖然不能賠償，但日後可能會賠償（捐款）得更多。」阿爺體諒病人的心，實在值得今時今日的醫護人員借鏡。

回望過去數十年，靈實經歷了不少轉變。而靈實肺病療養院亦於1976年正式改名為靈實醫院。但有一樣東西由始至終都沒有改變，這就是我們的愛心。昔日的司教士，今天的阿爺，還有很多默默耕耘的同工。願靈實繼續將耶穌基督的愛，傳揚給每一位服務使用者，因為聖經記載：「我們愛，因為神先愛我們。」（約翰一書4章19節）

Love from the Beginning to Now

Tiffany Chan, assistant manager, public relations section

The mobility of Hong Kong people is high. We seldom hear that people would work in a same place for several decades. However, "Grandpa" is exceptional. As an experienced nurse, Grandpa has worked in Haven of Hope Hospital for nearly 40 years and everybody knows him. What attracts him to serve loyally in the Haven of Hope for such a long time?

In the Beginning

At the beginning of 70s, Grandpa was a teenager. One night, a brother in the church told him that he was a nurse in Haven of Hope Tuberculosis Sanatorium. When Grandpa thought of the holiness and challenge of the medical work, he wanted to be a nurse, too. Though they realised that they missed the deadline of the nursing course, they still wanted to come to Sister Annie Skau (one of the founders of the Haven of Hope and the Head Nurse) to submit the application immediately. However, Sister Annie refused their request. In the morning of the second day, they came to Sister Annie again and beseeched her; Sister Annie was moved by their sincerity.

The nursing course and work were harsh; as students only had one day off and those who lived far away would choose to stay in the sanatorium in weekend rather than going home. Also, students were not allowed to leave the sanatorium at night due to safety reasons, so students always stayed and worked in the sanatorium and didn't have much rest. However, the hardest thing was that Grandpa was always "ordered" by senior fellows to do some tiring and "disgusting" work. He steeled himself and learnt a lot. In addition to taking care of the daily meals and paying attention to the patients, Grandpa had to wash the floor, empty and clean the bedpans, and wash the patients. His determination to be a nurse no matter what jobs he had to do was because of the influence of Sister Annie.

Trying Times

Sister Annie loved her patients; she was "a mother", "a good friend" and "a role model" of the students. She worked 14 to 15 hours a day and slept only two to three hours and whole-heartedly cared for the patients. Grandpa realised the meaningfulness in serving the patients from her sacrifice. "I treat the patients as friends. Though they are just passengers, I still want to provide the best services and impression to them."

Grandpa once encountered a tuberculosis patient who was resistant to drugs and had to stay in hospital for 28 years. As the patient was enthusiastic and they often met each other at gatherings; they became friends. Later, the patient was "discharged miraculously", Grandpa was excited and

阿爺(中)與其他
同工合作無間。

Grandpa (in the
middle) had a good
cooperation with
other colleagues.



also missed him very much as he had treated the patient as his friend and the patient had treated the hospital as his "home".

Grandpa also encountered some difficult patients. He was taunted with foul language by a drug addict who bit his arm and threatened him, "As long as you work here, I can make you wish you were retiring." Grandpa recalled, "I was angry and frightened. But I think that though he was wrong, I introspected that some of my actions may irritate him as well. So, I calmed down gradually and learned to forgive. Also, the patient may introspect as well; he would know who treated him good finally." A few weeks later, the patient apologised to him and they became friends. It seemed that the loving care of Grandpa could melt the hardest hearts.

Learning from Example

Rewardingly, Grandpa has learnt to have mercy for patients through the example of Sister Annie. In the past, though some poor patients couldn't afford the hospital and medicine charges, Sister Annie still took them in and tried to increase income by selling handicrafts made by hospital's staff and donations from overseas churches.

Grandpa also met a patient who had lost his temper and damaged the TV of the hospital. But Grandpa considered that the patient was just a low-income construction worker and unable to make compensation, he and other staff raised funds to buy the TV themselves. Though the donation wasn't enough for buying a TV, but Grandpa believed that, "Though he (the patient) can't compensate now, perhaps he may compensate (make donation) more in the future." Grandpa was considerate to his patients and nowadays medical staff can learn from him.

Looking back for the past several decades, the Haven of Hope has gone through many changes; and Haven of Hope Tuberculosis Sanatorium was renamed as Haven of Hope Hospital in 1976. However, there is still thing which will not change from the beginning to now, that is our loving care. We hope we can pass the love of Jesus Christ to every service users, as the Bible says, "We love because he first loved us." (1 John 4:19)

蕁麻疹(風癩)

李賀霖，靈實余兆麒實林診所家庭醫生

「醫生，昨晚開始，我身上長出一塊塊大大小小的紅疹，痕癢難耐，好驚！」

「醫生，我每次食完蝦，身上都有一塊塊如地圖般浮起的紅疹，癢得要命。」

以上的對白是我常常在診症室聽到的。其中大部分的原因是急性蕁麻疹，又稱風疹塊或風癩，是皮膚敏感反應的一種。根據臨床病情，蕁麻疹可分為以下類型：

1. 急性蕁麻疹

患者接觸敏感源後，一般會在一至兩天內，全身出現大小不一而隆起的疹塊，淡紅到鮮紅色，圓形、橢圓形、甚至如地圖般不規則形狀，疹塊也可連合融成一大片，伴有劇癢。數小時後，原有疹塊可消退，而別處又可以另起新一組疹塊。個別人士可引致口腔、嘴唇，甚至氣管水腫，呼吸困難。急性蕁麻疹大多由食物引起，而患者往往能夠指出食物的過敏源頭。

2. 慢性蕁麻疹

病情可維持六週至數年時間。期間病者全身皮膚出現反覆的紅色劇癢疹塊，影響睡眠。

3. 膽鹼激導性蕁麻疹

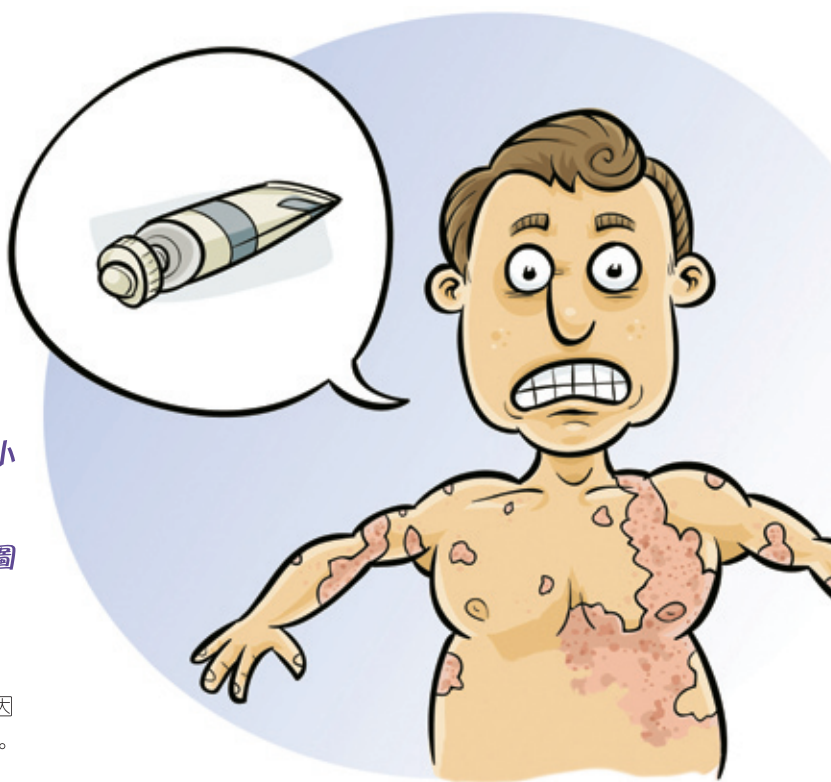
此類型多見於年青人在運動、受熱、情緒緊張、喝酒或進食濃味（如辛辣）食物後出現。通常隆起的紅色疹塊較為細小，直徑約二至四毫米，一般出現於上半身，伴有劇癢。

4. 紫外線蕁麻疹

患者在陽光暴曬後，皮膚會出現粉紅色疹塊，引發痕癢。通常以350毫微米波長的紫外線最易引發敏感，疹塊在一小時後會自動消退。

5. 壓力接觸性蕁麻疹

此類型多見於患者皮膚受壓部分，約數小時後會局部發生紅腫及痕癢，常見於穿鞋部位、腰帶、眼鏡托及配帶耳筒位置，一般持續約八至十小時才消退。



診斷蕁麻疹並不困難，但要找出病因則較困難。病因可與下列因素有關：

1. **食物：**蝦、蟹、蛋類、酒精飲品、人工添加劑等
2. **藥物：**抗生素、疫苗、亞士匹靈等
3. **身體感染：**呼吸道、腸道、肝炎病毒、梅毒等
4. **物理因素：**溫度極端變化、紫外線、香薰、摩擦和壓力
5. **全身性疾病：**如紅斑狼瘡、惡性腫瘤等

在求診時，詳細病歷是必需的，特別是有關食物、用藥、工作環境、飼養寵物等。如有需要，醫生會要求病人節錄飲食日記，為期兩星期，再加以分析，一般食物敏感源頭也不難找到。另外，醫生亦會考慮為患者進行皮膚系統性斑貼測試及進一步檢驗血液。

除此之外，醫生亦會叮囑病者：

1. 避免用過熱的水溫沐浴
2. 用溫和而滋潤的沐浴露、洗頭水及潤膚露
3. 避免進食蝦、蟹、蛋、牛肉等
4. 穿著透氣通爽全棉的衣服
5. 避免使用繃緊的皮帶、衣服、鞋履、眼鏡及耳筒


在治療方面，最佳方法始終是找出蕁麻疹的過敏源。藥物方面，以使用抗組織胺類藥物為主，加以評估個人的體質及反應，選擇不同類型的抗組織胺。特別在慢性蕁麻疹的治療過程，可能需要多類型抗組織胺交替及合併使用，以達致理想效果。近年，亦有病人採用除敏治療，治療程比較漫長，及可能導致嚴重過敏反應，而且費用亦比較高昂。

Urticaria

Dr Colin Ho-lam Lee, family physician,
Haven of Hope S K Yee Po Lam Clinic

"Doctor, I've had a terrible night! I have a bumpy and itchy rash over my whole body, please help!"

"Doctor, large, a red blotchy and itchy rash develops all over my body whenever I eat prawn salad."



I often encounter patients with such comments in my clinic. In most cases the patient is suffering from acute urticaria, a type of allergic reaction.

Urticaria can be divided into several types according to clinical symptoms. **Acute urticaria** can develop in a few hours after exposure to the allergic source. Multiple raised, itchy red rashes of various shapes and sizes appear on the body. These may vanish in a few hours, but are followed by subsequent crops of rashes in other parts of the body. Occasionally, these may lead to lip swelling or even fatal airway blockage.

In patients with **chronic urticaria**, recurrent urticarial symptoms occur on a regular basis. **Cholinergic urticaria** usually occurs in teenagers, often after sports activities or alcoholic drinks or spicy food. The rash is smaller in size, about two to four mm diameter, and again very itchy.

Ultra-violet light related urticaria develops after prolonged sunlight exposure and usually resolves in a few hours.

Pressure urticaria can occur around the ankles, waist, nose, region when wearing tight shoes, belts, spectacles respectively.

Some examples of urticarial allergic sources:

Food : e.g. seafood, egg, food preservatives, alcohol

Medications : e.g. antibiotics, vaccines, aspirin

Infection : e.g. viral infection, syphilis

Physical factors : e.g. extreme temperature changes, UV ray, friction

Chronic disease : e.g. leukaemia, systemic lupus erythematosus

During consultation, a detailed medical history especially regarding recent food intake, medications, pets, working environment should be obtained. In some cases, analysis of a two-week-food-intake diary or skin patch tests may identify the related allergens.

The ideal treatment of urticaria is identification and avoidance of the allergic source.

Regarding medication treatment, antihistamines remain the cornerstone of urticarial management. In chronic urticaria cases, rotation and mixing of various antihistamines are often required to control the condition.

Recently, desensitisation treatments are increasingly employed with good result, but this may be time-consuming and expensive.



遺贈

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※ 機構團體注意：如收件人已轉職，請將《靈·感》轉交其他有關同事，並請填妥下列資料，通知本會。

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資料更改通知 NOTIFICATION OF CHANGE

- ☐ 本人願意接收靈實的電子資訊 I would like to receive the Haven of Hope's Electronic News
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Please complete the above form in block letters and mail/fax this notification together with your old mailing address label to Public Relations Section, Haven of Hope Christian Service.

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, New Territories, Hong Kong

電話 Tel: (852) 2703 3373 傳真 Fax: (852) 2702 8173 電郵 Email: info@hohcs.org.hk 網址 Website: www.hohcs.org.hk

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。

The 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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