



愛 與長者同行

*Holistic Care and
Inter-disciplinary Approach
to Serving the Elderly*



靈實（西貢）改善家居及社區照顧服務的長者與同工一同到挪亞方舟旅行。當日天氣很好，感謝主！

Touching Moments 觸動的時刻

靈實胡平頤養院的院友與義工一同感受奇木的質感。



老夫老妻重遊拍拖舊地，回顧當年兩小無猜的甜蜜時光！



靈實長者地區服務的長者與護老者在「虎虎生威護老新春行大運」活動中玩得十分開心，同行的兒子更與母親向大家拜年呢！



靈實長者地區服務的長者參加「漫漫歡樂遊」，並在屯門市鎮公園中留影。

靈實翠林老人日間活動中心長者在生日會暨春茗活動中投入地玩「砌字」遊戲，鍛鍊腦筋。



靈實司務道護養院的同工與院友一起歡度新年，歐婆婆更充當鼓手，令新年氣氛更添熱鬧。



靈實護養院在義工嘉許禮中感謝各院友義工多年來的默默付出。



福音事工部為靈實同工及家屬舉辦了復活節旅行，一行120人一同暢遊塔門及東平洲。

咚！咚！咚！靈實秀茂坪日間活動中心暨宿舍的醒獅隊到訪靈實寧養院，與院友慶祝新年，院友看見這頭生猛的醒獅都笑起來！



在靈實尚德社區健康發展中心的四天「復活節品格學堂2010」裡，兒童投入擔任不同的崗位，學習及實踐「盡責」的品格。



禮物盒裡的氣球徐徐升起，帶出五十五週年之口號：「薪火永相傳 共創新里程」。(由左至右)靈實醫院行政總監徐德義醫生、醫院管理局主席胡定旭先生、靈實醫院管治委員會主席趙宗義律師及將軍澳醫院九龍東醫院聯網署理行政總監譚錦添醫生為靈實醫院五十五週年進行啟動儀式。



一班熱心參與「伴你飛翔」青少年生活護航計劃的護航員自發性地舉辦了步行籌款，身體力行為學生籌募活動經費，實踐「生命影響生命」的信念，幫助青少年健康地成長。



靈實創毅中心的服務使用者、家長及同工一同參與一年一度的春茗活動，渡過愉快的一天。

4月9日是「西貢運動便服日」，為鼓勵市民多做運動，「西貢健康安全城市」統籌辦事處於當天在坑口、寶林、翠林、尚德及靈實臺舉行了「工作間健康操示範」，集合了370多名市民一齊做運動，開展健康的都市生活！



靈實翠林智樂居於2009年舉辦了「關愛行動」，透過一同聚餐，讓家長了解學員在宿舍的情況，並渡過一個輕鬆、溫馨的晚上。

不論身體狀況如何，我們仍要積極面對人生。你看！靈實日間社區康復中心的服務使用者多落地地鍛鍊自己，笑容多燦爛！



Touching Moments 觸動的時刻



靈實恩光學校的課外活動常見的場面：婆孫倆的溫馨合照！



靈實坑口護理院的院友在「上高山·落深海洋記」活動中與小熊貓樂樂近距離接觸時笑說：「想不到小熊貓的個子比我還高大呢！」



承蒙勞工及福利局撥款資助，靈實明德日間活動中心暨宿舍於3月20日假將軍澳裕明苑舉行「無障礙空間」嘉年華，向社區人士推廣「無障礙環境」訊息。



觀塘區議會副主席蘇麗珍女士（左二）、林嘉泰福利專員（右二）、林正財醫生（左一）在服務經理邢羽雄先生（右一）及服務使用者（左三）陪同下參與靈實秀茂坪日間活動中心暨宿舍開放日開幕典禮。



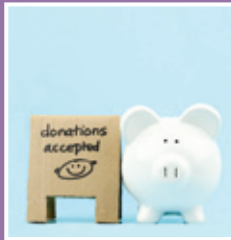
一班靈實梁焯初早期教育及訓練中心的家長和小朋友在新落成的「遊戲萬象館」大玩一餐，享受遊戲的樂趣！



靈實將軍澳及西貢地區支援中心會員阿青，8年前遇到交通意外導致頸以下位置失去活動能力，走出陰霾後，藉著歌舞及自身經歷鼓勵公眾自強抗逆。



靈實寶林日間活動中心暨宿舍的全體服務使用者、17位家長及同工在「虎進金來富貴宴」共聚一堂，享用了豐富的午膳、參加大抽獎和欣賞非洲鼓樂團的演出。



Contents 內容

編者話 From the Editor

由於人口老化問題嚴重，有調查顯示，20年後香港每四人便有一人為長者，長者問題實值得關注。不同的長者，包括社區內健康的長者、中風的長者、患痴呆症的長者、院舍內的長者及晚期病患的長者，均有不同的健康需要。不論他們健康狀況如何，靈實作為一個提供綜合社會服務的機構，希望能透過專業和全人關懷的服務，關心他們身、心、社、靈的需要，與每一位長者同行。

今期《靈·感》的主題為「愛與長者同行」。有一天，我們都會成為長者。每一位長者年輕時都曾勞碌打拚，為社會、為家庭作出極大貢獻。今天，就讓作為子女的我們，給家中的父母或身邊的長者多一點愛心，並珍惜與他們一起的每分每秒。

Hong Kong, like many countries, has a serious problem of an increasing population of elderly people. One recent study said that within 20 years, one in four people in Hong Kong will be classified as elderly. Of course, within this ageing population will be elderly of different categories: the healthy living independently in the community, the stroke sufferer, the dementia sufferer, the elderly in residential homes and the terminally ill, all with different health needs. As an organisation providing integrated, caring, professional and holistic services, the Haven of Hope will care for and provide services for all elderly regardless of their needs.

In this issue we focus on "Holistic Care and Inter-disciplinary Approach to Serving the Elderly". It is important to remember that no matter of what age we may be now we too will be old one day and will need the help of others. So remember that the elderly in your life and the community have worked hard to contribute to the society we now live in and enjoy. So express your love and respect to your parents and the elderly around you, and treasure every moment that you spend with them.

愛與長者同行

- 06 健康推廣服務讓長者活得更年輕
- 08 中風後的李太太
- 08 患了老人痴呆症的莉姨
- 10 長者生活：院舍內的點滴
- 12 用愛擁抱晚晴

您的支持帶來改變

- 13 靈實2010全港賣旗籌款
您的支持能減輕患病長者的經濟負擔
- 14 靈實醫院重置計劃愛心第一炮 — 母親節慈善籌款晚宴
為靈實醫院建設新翼大樓籌款
- 16 清水灣哥爾夫球慈善賽2010 為靈實寧養院籌募善款

心靈的迴響

- 17 服務心
- 18 長毛廚子

健康對話

- 20 夏季老年病

Holistic Care and Inter-disciplinary Approach to Serving the Elderly

- 07 Health Promotion Service Keeping the Elderly Young
- 09 Mrs Lee's Life After Stroke
- 09 Auntie Li – A Dementia Sufferer
- 11 Life of An Elderly Inside a Residential Home
- 12 Embracing the Last Journey with Love

You Can Change The World

- 13 Haven of Hope Flag Day – Easing the Financial Burden of The Elderly
- 15 Haven of Hope Hospital Re-Provisioning Project
- 16 Raising Funds for Haven of Hope Holistic Care Centre

Be Inspired

- 19 A Serving Heart
- 19 A Long Haired Cook

Health Q&A

- 21 The Elderly Need to Maintain Body Fluids in Summer

《靈·感》第七十三期 二〇一〇年六月 | Haven of Hope News Issue 73 June 2010

編委會：柯麗娜、陳美英、陳笑梅、何少珊、葉嘉儀、李偉勳 | Editorial board: Cecilia Or, Tiffany Chan, Sybil Chan, Susan Ho, Amy Ip, Grant Lee

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.

地址：香港新界將軍澳靈實路七號 | Address: 7 Haven of Hope Road, Tseung Kwan O, New Territories, Hong Kong 網址 | Website: www.hohcs.org.hk 電郵 | Email: info@hohcs.org.hk

服務查詢熱線 | Service Enquiry Hotline: 27 019 019 捐款熱線 | Donation Hotline: 2703 3373

本刊所有文章版權屬基督教靈實協會所有。歡迎引用或轉載，唯需事前徵詢本會同意。

All published material is under copyright protection. Permission must be obtained from Haven of Hope Christian Service for the reproduction of the contents.



健康推廣服務 讓長者活得更年輕

陳笑梅，靈實長者綜合社區服務服務經理



相信絕大部分長者均會深感認同，如果沒有好好關注健康，那會有黃金歲月。靈實多年來一直在地區提供長者服務，我們深信為一般長者或長期病患的長者提供一個地區性及普及化的健康推廣服務是至為重要的。

我們直接服務超過3,000多名長者，當中包括會員、護老者及已在靈實長者支援服務隊登記的獨居長者。他們大部分均十分關注自己的健康，並希望能夠保持及提升他們的身體狀況。

除了醫院管理局和衛生署提供的服務外，一個恆常、地區性的健康推廣服務更能幫助大部分長者及早發現一些高危的健康問題，如中風、高血壓及糖尿病。

靈實長者地區服務三個地區服務中心提供的服務包括：(1)由護士及已受訓義工提供的每月免費健康檢查及諮詢服務；(2)由健康大使提供的每日量血壓服務；(3)為每天來訪中心的長者提供一個運動間；(4)運動班；(5)長期病患長者的會員資料庫及(6)護士在各中心提供至少每星期一天的健康及藥物諮詢服務。

保持年輕及健康的秘訣

李女士是靈實長者地區服務一健明中心「運動間」及每日量血壓服務的「常客」。她半年前曾中風，幸好這並沒有對她的活動能力及溝通能力造成太大的影響。但她身體過重，且血壓不穩定。還記得她第一次來中心時，由於感到陌

生，她對於義工的指示感到十分抗拒，後來義工們熱心及積極友善的態度，令她漸漸放下戒心。近來，李女士已常常在「運動間」踏單車、與義工閒話家常，心情變得輕鬆愉快，更成功減磅。

陳先生身材魁梧，高大強壯，早前他開始到靈實長者地區服務一厚德中心的「運動間」做運動。根據健康大使的紀錄，他連續三天的血壓都持續偏高，所以健康大使及護士均建議他立即看醫生。經過我們長達四天的勸導，他最終看醫生了。當他再來中心時，他參加了太極班。三個月後，他的血壓下降了，大肚子也不見了，成效實在令人欣喜鼓舞。

靈實長者地區服務會繼續以全人關懷的精神服務長者。在認同關注身體健康及著重健康知識作為奠基黃金歲月的時代，我們深信靈實正走在正確的路上，服事社區上的長者。





Health Promotion Service

Keeping the Elderly Young

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

Most of the elderly would agree that they would not be able to enjoy their golden years if they are not in good health. We have provided district elderly community service for years, and truly believe that a localised and popularised health promotion service for elderly in healthy conditions or with chronic illnesses is of great value.

There are over 3,000 elderly including members, caregivers and registered singleton elderly in the Haven of Hope Support Team for the Elderly who are enjoying the Haven of Hope District Elderly Community Service. A large number of them are concerned about their health and wish to maintain or upgrade their physical condition.

Besides the services provided by the Hospital Authority and Department of Health, a localised health promotion service would benefit most elderly in early detection of high-risk health problems, such as stroke, high blood pressure, and diabetes.

The services provided by our three community elderly centres are: (1) free monthly health check-ups with consultation conducted by a nurse and supported by trained volunteers; (2) daily blood pressure measurement conducted by Health Ambassadors; (3) Exercise Corner for daily walk-in users; (4) exercise classes; (5) database of members with chronic illnesses, and (6) at least one-day-a-week consultation service on elderly's health conditions and use of medicine conducted by a nurse in each centre.

Staying Young and Healthy

Mrs Lee is a frequent user of the Exercise Corner and daily blood pressure measurement service in Kin Ming

Centre. She told us that she had a stroke six months ago and luckily, her mobility and communication ability had not been adversely affected. However, she was overweight and her blood pressure fluctuated. I remember that she was resistant to our Health Ambassadors' guidance when she joined the service on the first day. Her resistance gradually faded away as our enthusiastic volunteer served her in a positive and friendly manner. Lately, Mrs Lee has lost some weight and is happy and relaxed, a result of cycling in our Exercise Corner, and chatting with our volunteers about her daily life.

Mr Chan is a tall and muscular person who has recently begun to visit the Exercise Corner in Hau Tak Centre. According to our records, for three consecutive days his blood pressure was constantly high. So our Health Ambassadors and nurse suggested that he consulted the doctor immediately. Finally, Mr Chan was willing to take action after a four-day long persuasion process. When he came back, he joined the Tai Chi Class. Not only had his blood pressure been reduced but during the three months of taking the class he had lost his belly fat. It was encouraging and amazing to see such results.

Our District Community Elderly Service will keep on serving the elderly in a holistic way. In this age in which health and health knowledge form the foundation of a happy elderly life, we believe that our health promotion service is on the right track for serving the elderly in the community.

李麗珍，長者健康醫護服務總經理暨長期照顧顧問

中風後的李太太

李太太今年一月再次中風，幾經救治後，轉到東華東院接受復康治療。她雖接受了兩週多的訓練，但進度緩慢，當我在醫院與她會面時，她說話能力仍然有障礙，加上大小便失禁，左側上下患肢癱瘓，然而她已恢復進食能力，不需用鼻胃喉餵食。兒子和媳婦感到在家照顧她，會有很多困難，加上家中的廁所空間有限，他們亦希望李太太可以繼續接受訓練，所以希望靈實的服務可以幫助他們。透過TotalCare長者健康醫護服務，李太太轉介入住了靈實轄下的自負盈虧院舍，繼續接受中風康復治療，兒媳對我說，他們感受到院舍的職員開朗、態度熱誠，並十分明白中風病人的需要，所以安心將李太太留在院中居住。

除了復康治療外，李太太更接受了中醫針灸治療，現在李太太已可以站起來活動，兒媳感到很高興。兒子每早到院舍探訪過母親後，便回公司工作，媳婦探過李太太後回家安心料理家務和小朋友，兩人感到十分放心及安慰。

TotalCare亦有繼續為李太太探討回家居住的可能性，不過由於李太太現時的自理能力有限，兒媳希望稍後才接母親回家同住。

長者健康醫護服務為長者提供上門的醫療護理及復康服務。

TotalCare solutions for aged care provides home care medical and rehabilitation services for the elderly.

長者健康醫護服務讓在家的長者都能有一個優質的晚年生活。

TotalCare solutions for aged care enables the elderly at home to have a quality life.

患了老人痴呆症的莉姨

去年莉姨跟從姨甥女從加拿大回港，莉姨自退休後在加國居住十多年，因沒有子女，所以和姨甥女一家同住。近年姨甥女米雪發現姨母的記憶力下降、經常找尋物件，又常失約，經醫生診斷後，証實莉姨患了老人痴呆症。米雪舉家回流香港定居，亦帶同莉姨一起回港生活。

米雪回港初期安排莉姨居住在她以前曾住過的老區薄扶林，因交通不便，後來將她搬到北角的屋苑居住。去年年中，照顧莉姨的家傭需突然離港，米雪立即為莉姨找護老院舍暫住，幸好新任家傭趕及來港，所以莉姨不用到院舍暫住。

今年四月，米雪接到老人痴呆訓練中心工作人員來電，指莉姨左手臂上有一塊瘀痕，懷疑是家傭弄致，米雪便立即致電護老院舍，希望為莉姨安排住護老院，她怕家傭照顧長者不力。後來，莉姨接受了日間訓練中心的服務。

Lee Lai-chan, general manager and long-term care consultant,
TotalCare solutions for aged care

Mrs Lee's Life After Stroke

Mrs Lee had a second stroke in January this year. After life saving procedures, she was admitted to Tung Wah Eastern Hospital for rehabilitation therapy. Though Mrs Lee had undergone more than two weeks of training, her progress was slow. When I met her in the hospital, she could hardly speak. She was incontinent and suffered from left side paralysis. However, she could eat and did not require tube feeding. Her son and daughter-in-law realised that it was difficult to care for Mrs Lee at home. Moreover, there was not sufficient space in the bathroom to accommodate Mrs Lee's needs.

They wished Mrs Lee could continue with her training and so they sought assistance from the Haven of Hope Christian Service: TotalCare solutions for aged care service, which helped Mrs Lee transfer to one of our self-financed elderly homes. She was able to continue the stroke rehabilitation therapy there. Her son and daughter-in-law told me that they could feel the cheerful character and enthusiasm of our staff. "They really know the needs of the stroke patients!" The son and daughter-in-law were relieved from the stress of caring for Mrs Lee, who is still in the elderly home. In addition to rehabilitation therapy, Mrs Lee also underwent Chinese acupuncture therapy.

Now, Mrs Lee can stand up and walk, which is exciting for her and her son and daughter-in-law. The home provides the care that Mrs Lee needs and the peace of mind that her family needs. After visiting Mrs Lee every morning the family members can take care of their other responsibilities and commitments with peace of mind.

TotalCare also supports patients in returning to their home, and sooner or later it is expected that Mrs Lee will be well enough to return to her home.

Auntie Lily – A Dementia Sufferer

Last year, Lily Li returned to Hong Kong from Canada with her niece. Lily had lived in Canada for over ten years and as she didn't have any children, she lived with the family of her niece. In recent years, her niece Michelle, discovered that her aunt suffered from memory loss. After diagnosis by a doctor, Auntie Li was confirmed to be suffering from dementia. Hence, when Michelle returned to Hong Kong, Auntie Li also came back.

Upon returning to Hong Kong, Michelle arranged for Auntie Li to live in Pokfulam, where she had lived before. However, due to the inconvenient location, Michelle helped her to move to a newer housing estate in North Point. Last year, when the housemaid taking care of Auntie Li needed to leave Hong Kong suddenly, Michelle found an elderly

(continue p11)

復康治療提升院友的活動能力，加速他們的復元。

The rehabilitation therapy not only increases the mobility of the elderly, but also speed up their recovery.

我到日間訓練中心探訪莉姨，交談間知道她十分喜歡到中心活動。她為人有禮、溫柔，雖然現在自理能力約在四歲左右，但不願由別人協助，若透過其他提示方法，她仍保持部分自我照顧能力。由於莉姨有跌倒的危機，我為她轉介物理治療師上門訓練她的平衡能力。除此之外，職業治療師亦為莉姨評估空間時的活動及浴室安全設備。每週保健員蔡姑娘會上門，指導家屬照顧痴呆症患者沐浴、進食、認知訓練等技巧，藉著上門服務延遲莉姨入住院舍的時間。

長者生活： 院舍內的點滴

林玉貞，靈實護養院院舍經理

入住院舍的長者有著不同的人生經歷，他們要適應院舍的新生活，實不是一件易事。他們有著東方人的矜持及獨特性格，喜與悲的感受深藏於心，不易宣之於口。同工往往需花上數星期以上的關懷，才能讓他們適應環境。同工藉著了解長者的生活習慣、喜好，認識他們及家人對院舍的期望，從而建立信任，是我們的首要任務。接著的便是落實醫療護理的計劃及安排，令長者逐漸認識自己的需要。再透過跨專業（醫生、護士、社工、院牧及治療師）的合作及共識，從不同的角度剖析長者在身體、心理、靈性及醫護需求上的比重，從而為他們製訂一個長期、富彈性兼獨一無二的照顧計劃。

駱婆婆從沒參加過院舍內的活動，但她仍然悠然自得，常常駕著她的「私家車」（輪椅）在樓層自由活動，看電視、聽收音機、觀察同工及院友的工作及生活作息。她為人充滿喜樂，臉上總掛著微笑，加上家人的支持，院舍像是她的家。後來，駱婆婆因中風而需臥床，並插上胃喉，因著形象受損，她情緒變得低落及拒絕探訪。經過同工及治療師一年多的悉心照顧及治療，駱婆婆漸漸重拾自信。今天，駱婆婆已可再次坐在客廳，與其他院友一起享受喜樂的生活，品嚐各種不同的食物。

居住在院舍並不是長者的選擇，無奈基於長者在照顧上有不同的需要，而專業及非專業的同工亦擔當不同的角色。其實，能讓長者在非家中的院舍內有開心的生活，實有賴同工及家人的合作，彼此溝通、信任和鼓勵，長者才能無憂地享受院舍內的照顧及各項設施和活動，安享晚年。

長者在院舍內有開心的生活，實有賴同工及家人的合作。

The cooperation between the staff and family is very important for the elderly to lead a happy life in the residential home.

與長者建立信任，讓他們適應新生活是同工首要的任務。

Developing trust with the elderly and helping them fit into their new life is the priority of our staff.

跨部門合作，為長者提供適切的身、心、社、靈照顧。

Through the cooperation of the cross-disciplinary professional team, the physical, mental, social and spiritual needs of the elderly will be met.



home offering respite care but this was not needed as a new housemaid arrived in time enabling Auntie Li to remain in familiar surroundings. Then earlier this year, Michelle received a call from the dementia training centre. The staff of the centre discovered a bruise on Auntie Li's arm, which they suspected might have been caused by the housemaid. Michelle contacted an elderly home immediately, hoping to place her aunt in professional and caring hands. Later, Auntie Li received training at a day care training centre.

I visited Auntie Li at the day care training centre. In our conversation, I found that she loved to come to the centre and was an attentive and gentle woman. Though her self-care ability was as a four-year-old child, eating very slowly and refusing others' help, she could take care of herself through tips or guidance. Moreover, as there was a risk of her falling down, I arranged for a physiotherapist to go to her home to train her balancing ability. In addition, an occupational therapist also evaluated her ability to participate in leisure activities, as well as taught her how to go to the toilet safely. We also arranged for a health care worker to teach the housemaid the techniques on how to take care of the dementia elderly, such as bathing, eating, cognitive training, etc, so that Auntie Li could stay at home as long as she wanted.

Life of An Elderly: *Inside a Residential Home*

Christine Lam, home manager, Haven of Hope Nursing Home

The elderly are often rich in life experiences, and it is not easy for a newcomer to a nursing home to get used to the environment there. The Chinese are also known for their conservative character, which makes the adaptation process even harder. It often takes weeks and a lot of care and concern from our staff before newcomers can fit into a nursing home setting. Through learning about their habits and interests as well as expectations of the elderly as well as their family members, our staff will first aim to foster trust with the elderly. Then, the treatment plan will be drawn up and the elderly will be advised of what their care needs are.

Our inter-disciplinary professional team, comprising doctors, nurses, social workers, chaplains and therapists, will evaluate the physical, psychological, spiritual and medical needs of the elderly before formulating a long-term and tailor-made care plan for them.

Granny Lok is a resident in our nursing home. She did not join any activities in our home, yet she was happy all the time and always rode on her "private vehicle" (wheel chair) to roam around, watching TV, listening to the radio and observing others in action. With full support from her family, Granny Lok was joyful and always smiled, and the nursing home had become a real home to her. Later, she had a stroke and required intensive care. The Ryle's tube on her face greatly affected her self image. She was depressed and refused to see anybody. After receiving a year's care and rehabilitation service provided by our staff and therapists, Granny Lok regained her confidence gradually. Now, she can be seen in the sitting room again, enjoying life and regaining the ability to savour various foods.

The elderly would not prefer staying in a residential home, if not for their special care needs. Our professional and non-professional staff members play different roles in the care process. It is important for our staff to cooperate and communicate with the elderly's family members, and work together to provide a residential home environment in which the elderly can lead a fulfilling life.



長者在院舍接受適切的治療及照顧，減輕進出醫院的需要。

The elderly receive proper treatment and medical care in a nursing home and this can reduce the chance of admission to the hospital.

用愛擁抱晚晴

黃民，靈實寧養院主任院牧

靈實寧養院主要是照顧晚期病患者，而在寧養院的晚期病患者，若身體情況好轉，是可以回家休息的。K女士由於斷斷續續進出寧養院許多次，故與員工們建立了一份友情，可以互相傾訴心事。有一次她出院前，員工們秘密地安排了一次「接新娘」的儀式，讓K女士含蓄的丈夫能夠向她表達愛意，給她一個非常意外的驚喜。這是她在寧養院的第一次出嫁！

後來，K女士的身體每況愈下，在她離世前數小時，她雖然難以用言語表達，但她的意識仍然清晰示意要坐起來。於是大家幫忙放好床枕，親友在她背後支撐著她腫脹的身軀，讓她能夠依偎在丈夫的懷中好一陣子。這是另一幕溫馨的情景！

K女士離世後，在寧養院小教堂舉行安息禮，同工們就像一羣陪嫁姊妹，替K女士更衣，為她穿上她預先選好的衣服鞋襪。由於她的身型有些變化，大家都擔心穿不上，但感恩的是過程出乎意料地順利，同工們都不禁展露出喜悅的笑容。在安息禮中，K女士的丈夫深情地致悼詞，難捨之情表露無遺。

安息禮後，同工們在後門排列等候，目送靈柩被徐徐地送上靈車。同工們好像陪嫁姊妹，目睹她在寧養院第二次出嫁！但這次出嫁的她，再不會返回寧養院了，因她脫離了疾病的煎熬，跨進另一個新生命裡。

寧養院的服務經常要面對死亡，這實在令人感到傷感。但只要我們靠著基督的愛，與傷心軟弱的人同行，用愛擁抱晚晴，我們便會發現到當中是滿載祝福和恩典的。

靈實寧養院每星期均有病室崇拜，幫助院友心靈得到更新和醫治。

Weekly worships in the wards enable residents to experience inner healing and spiritual renewal.



Embracing the Last Journey *with Love*

Chris Wong, Senior Chaplain, Haven of Hope Holistic Care Centre

Haven of Hope Holistic Care Centre mainly serves the terminally ill, and those whose situation improves can return home. Ms K was admitted to the centre many times, so our colleagues developed a friendship with her and they could share their lives with each other. At one time before Ms K was leaving the centre, our colleagues secretly arranged a "welcome the bride" ceremony, in which her shy husband showed his love towards his wife. This gave her a big surprise.

Later, Ms K's condition became worse. In the several hours before leaving this world, she couldn't express her meaning with words, but her mind was clear and she wanted to sit up. Thus, we put away the pillow and her relatives supported her swollen body at the back in order to let her nestle in her husband for a while. What a touching scene!

Blessing and Grace

After Ms K passed away, we organised a funeral for her at the chapel of the centre. Our colleagues were

dressed like the dowry sisters, changed clothes for her and put on the clothes, shoes and socks chosen by Ms K before her death. As the size of her body had changed, we were afraid that we couldn't put the clothes on. Fortunately, the process was unexpectedly smooth and our colleagues were filled with gratitude. In the funeral, Ms K's husband delivered the memorial speech affectionately which showed his great passion towards his wife.

After the funeral, the colleagues queued at the back door and witnessed the casket being slowly transported to the hearse. We witnessed that Ms K no longer suffered from the pain of illness and she is now resting in the Lord in peace.

The centre often witnesses the death of our service users and this does make the colleagues feel sad sometimes. However, if we walk with the sorrowful and the weak with God's love, we can discover that the last stage of their journey on earth is often full of blessings and grace.



靈實2010全港賣旗籌款

您的支持能減輕患病長者的經濟負擔

「生活求安穩，身體求健康」是很多長者的心聲，他們經歷了幾十年的勞勞碌碌，現在沒有甚麼比「活得快樂」更重要。可惜，他們的身體機能隨著年月而退化，有些更百病纏身，醫療費用的負擔實在令他們透不過氣來。在2007年，靈實推出「靈實慈恩醫療服務」，以資助或免費形式為有需要的長者提供優質且廉價的醫療服務，以幫助他們減輕在醫療費用方面的負擔。

靈實2010賣旗籌款將於2010年9月11日（星期六）於全港舉行，為「靈實慈恩醫療服務」籌募經費，我們誠意邀請您參與及支持這項有意義的活動，一同攜手幫助更多有經濟困難的長者！

靈實2010賣旗籌款

賣旗日：2010年9月11日（星期六）

賣旗地區：全港

時間：上午7時至中午12時30分

籌款目的：為「靈實慈恩醫療服務」籌募經費

查詢熱線：2703 3371 / 2703 3284

捐款熱線：2703 3373

傳真：2702 8173

登記成為義工：<http://www.hohcs.org.hk/volunteer.php>

Haven of Hope Flag Day 2010

Easing the Financial Burden of The Elderly

“Leading a secure life, having a healthy body” is the hope of most elderly. They have toiled for decades, and yearn to “live happily” now. However, as time passes, their physical health deteriorates gradually and they may suffer from different illnesses. The huge medical expenses often pose a big financial burden to them. In 2007, the Haven of Hope launched the “Charity Medical Service” which provides quality and low-priced medical services to the elderly in need and those who have financial difficulties, in order to ease their financial burden.

The Haven of Hope Flag Day 2010 will be held on 11 September 2010 (Sat) across the whole of Hong Kong (Kowloon, New Territories and Hong Kong Island), and aims to raise funds for the Haven of Hope “Charity Medical Service”. We sincerely invite you to participate and support this meaningful event and join hands with us in helping more elderly who have financial difficulties!



Haven of Hope Flag Day 2010

Date : 11 September 2010 (Sat)

Venue : Kowloon, New Territories and Hong Kong Island

Time : From 7am to 12:30pm

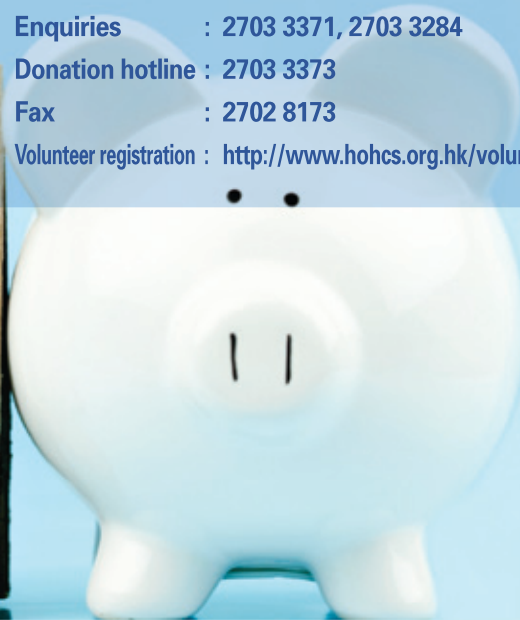
Objective : Raising funds for Haven of Hope “Charity Medical Service”

Enquiries : 2703 3371, 2703 3284

Donation hotline : 2703 3373

Fax : 2702 8173

Volunteer registration : <http://www.hohcs.org.hk/volunteer.php>



靈實醫院重置計劃 愛心第一炮

—母親節慈善籌款晚宴 為靈實醫院建設新翼大樓籌款

靈實醫院是九龍東醫院聯網內唯一非急症醫院，提供延續醫療、復康及療養服務。醫院發展至今近五十五年，已成為老人科、胸肺科、復康科及舒緩治療科的專科醫院。

隨著觀塘、將軍澳以及西貢區的人口增加和老化，預計在未來十年內，相關的醫療需求將不斷增加，故於1950年代開始使用的靈實醫院療養病房，已不能配合現時服務所需。初步預計，擴建工程範圍包括興建一座新翼大樓，及拆卸現時的療養病房，整項工程需時約四至五年。

新大樓落成後，可支援社區人口改變後的醫療需要。另外，因新大樓的位置及新增設的綜合照顧者支援中心，相信可為居民，特別是照顧者，帶來更方便的支援。該中心亦可加強在社區內的教育工作，讓市民更明白照顧者的需要。整項工程費用十分龐大，除了向政府申請撥款外，靈實亦需要籌募部分經費，故於今年在社區推行不同的籌款活動，並成立「西貢、將軍澳區社區籌款顧問團」，邀請西貢區民政事務專員、西貢區議員及地區領袖支持，協助推動社區參與，讓更多居民受惠。

母親節慈善籌款晚宴舉行當晚進行了靈實醫院重置計劃的開幕儀式。

A kick-off ceremony of the Haven of Hope Hospital Re-Provisioning Project was held in the "Mother's Day Fundraising Charity Dinner".



粵劇大師陳笑風先生當晚更表演助陣，為靈實醫院重置計劃籌款。

Mr Chan Siu-fung performed Cantonese opera that night and raised funds for the Haven of Hope Hospital Re-Provisioning Project.

其中第一炮的「母親節慈善籌款晚宴」已於2010年5月3日（星期一）假新都城二期美心大酒樓舉行，當晚更邀請到粵劇大師陳笑風先生及粵劇名伶陳玲玉小姐表演助陣，而拍賣環節更掀起全場高潮。在各位善長的支持下，是次晚宴共籌得超過三十萬元。此外，靈實亦會舉辦愛心券及粵曲籌款活動，希望繼續得到社區人士支持。

鳴謝以下單位：

靈實醫院重置計劃社區籌款顧問團：

主席：吳仕福博士

副主席：周賢明議員

慈善晚宴籌款工作小組召集人：伍炳耀議員

愛心券工作小組召集人：陳國旗議員

粵曲籌款工作小組召集人：凌文海議員

成員：（排名不分先後）

西貢民政事務專員胡錦賢太平紳士

陳權軍議員 溫悅昌議員 盧重興先生

方國珊議員 邱全先生 陸志聰醫生

柯耀林議員 梁志剛議員 龐創先生

陳繼偉議員 成漢強議員 歐陽浩崙先生

譚領律議員 張溢良先生

慈善晚宴贊助單位：（排名不分先後）

櫻花店 寶仕洋行

雀巢香港有限公司 梓峰教育

曾鍾貴先生

靈實醫院重置計劃愛心第二炮 —靈實愛心券籌款活動2010

日期：2010年5月至8月

售價：愛心價港幣10元（隨券附送\$10飲食優惠）

售賣地點：靈實醫院地下小賣部

查詢：2703 8063（社區關係部朱秀婷小姐）

網址：www.hohcs.org.hk

The 2nd Fundraising Event of the Haven of Hope Hospital Re-Provisioning Project: Haven of Hope Charity Coupons 2010

Date: May to August 2010

Price of Coupon: \$10

(\$10 food coupon is attached with the ticket)

Sales location: Haven of Hope Hospital G/F Tuck Shop

Enquiries: 2703 8063

(Ms Fion Chu, Community Relations Office)

Website: www.hohcs.org.hk



Haven of Hope Hospital Re-Provisioning Project

Haven of Hope Hospital is the only non-acute hospital in the Kowloon East Cluster providing subacute medical care, comprehensive rehabilitation and long term care to patients. The hospital has served the general public for nearly 55 years and is a specialist hospital for geriatric, rehabilitation, pulmonary and palliative care.



拍賣環節更掀起全場高潮，在各位善長的支持下，是次晚宴共籌得超過三十萬元。

The auction was the climax of the event. With the support of the donors, over \$300,000 was raised in total.

Owing to the ageing population and the increase in population in Kwun Tong, Tseung Kwan O and Sai Kung, it is expected that there will be a greater demand for medical services within the coming ten years. As the infirmary ward of the hospital cannot meet existing demands, the hospital is launching a re-provisioning project which includes the

construction of a new block and dismantling of the existing infirmary wards. The whole project is expected to take about four to five years to complete.

The completion of the new block will support the medical needs of the community. Also, it is believed that the location of the new block and the new Integrated Carers' Support Centre will bring more convenience to residents in the community, especially the carers. The Integrated Carers' Support Centre will strengthen the education work in the community on the needs of the carers. The costs for the whole project are huge. In addition to applying for funding from the government, the Haven of Hope also needs to raise funds. Thus, we will launch various fundraising events this year and have set up the "Sai Kung and Tseung Kwan O Community Fundraising Advisory Group", which comprises Sai Kung District Officer, Sai Kung District Council members and district leaders who will assist in engaging the community in the project.

One of the fundraising events was the "Mother's Day Fundraising Charity Dinner" held on 3 May at the Maxim's Restaurant in Metro Plaza II. That night, we invited Mr Chan Siu-fung and Ms Chan Ling-yuk to perform Cantonese opera, and an auction was the climax of the event. With the support of the donors, over \$300,000 was raised. Moreover, the Haven of Hope will organise two other fundraising activities, "Charity Coupons" and Cantonese operatic songs fundraising event, later to further seek donations from the community.

Acknowledgement to the following parties:

Haven of Hope Hospital Re-Provisioning Project Community Fundraising Advisory Group:

Chairman: Dr Ng Sze-fuk

Vice-chairman: Mr Chau Yin-ming, Francis (District Council Member)

Fundraising Charity Dinner Working Group Convener: Mr Ng Ping-yiu (District Council Member)

Charity Coupons Working Group Convener: Mr Chan Kwok-kai (District Council Member)

Cantonese Operatic Song Fundraising Event Working Group Convener: Mr Ling Man-hoi (District Council Member)

Other members:

Mr Wu Kam-yin, JP (District Officer, Sai Kung Home Affairs Department)

Mr Chan Kuen-kwan

Mr Wan Yuet-cheung

Mr Lo Chung-hing

Ms Fong Kwok-shan, Christine

Mr Hiew-chin

Dr Luk Che-chung

Mr Or Yiu-lam, Ricky

Mr Leung Chi-kong

Mr Edward Pong

Mr Chan Kai-wai

Mr Sing Hon-keung

Mr Au Yeung Ho-kwan

Mr Tam Lanny, Stanley

Mr Cheung Yat-leung, Jacky

Fundraising Charity Dinner Sponsorship Parties: (In No Particular Order)

Sakura Flora, Nestle Hong Kong Limited, Tsang Chung-kwai, B&S Company, Dunn's Education



清水灣哥爾夫球慈善賽2010 為靈實寧養院籌募善款

清水灣鄉村俱樂部一直致力支持靈實寧養院的服務，而一年一度的清水灣哥爾夫球慈善賽已於2010年4月28日（星期三）假清水灣鄉村俱樂部舉行，約百多名哥爾夫球愛好者參與是次活動。當日馬時亨教授更擔任主禮嘉賓，整項活動為靈實寧養院籌得逾港幣五十萬元善款。

對於靈實寧養院所服務之晚期病患者來說，「生活質素」、「關係復和」、「心靈醫治」及「內在的轉化及成長」是十分重要的。因此，寧養院一直實踐「用愛擁抱晚晴」的理念，除了透過專業的護理隊為晚期病患者提供護理服務外，更有社工及院牧關心病人及其家人心靈上的需要。縱然我們不能為病人增加壽數，但我們深信能為他們在世的日子增添意義，更希望能成為他們的同行者，與他們一起走過哀傷的日子。透過善款的支持，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。

Raising Funds for Haven of Hope Holistic Care Centre

Clearwater Bay Golf & Country Club has always strived to support the services of Haven of Hope Holistic Care Centre through the annual Clearwater Bay Golf Tournament. This year it was held on 28 April at the Club, with over a hundred golfers joining the event. The officiating guest on the day was Professor Frederick Ma Si-hang. The tournament raised over \$500,000 for the Centre.

The Centre cares for terminally ill patients with the principles of "Quality of Life", "Reconciliation of Relationship", "Healing of Spirit" and "Inner Transformation and Growth". The Centre has always strived to demonstrate the objective of "Embracing the Last Journey with Love".

In addition to the professional nursing team, the Centre also employs a social worker and a chaplain, helping us to provide holistic care for the patients and support for their family members. Though it is impossible for us to extend the life span of the patients, we believe that we can make their lives more meaningful. We do hope that we can walk with them and help them overcome their grief. Through donations, many patients and their families can end their journey on earth on a positive note. And this is the motivation for the Centre to continue our "Holistic End-of-life Care".



清水灣哥爾夫球慈善賽2010開球禮
The kick-off ceremony of the Clearwater Bay Golf Tournament 2010



主禮嘉賓帶領各參加者送上祝福語給靈實寧養院的院友。
The officiating guests invited the participants to write down their blessings to the service users of Haven of Hope Holistic Care Centre.



整項活動為靈實寧養院籌得逾港幣五十萬元善款。
The tournament raised over \$500,000 for the Centre.



「在白髮的人面前，你要站起來；
也要尊敬老人，又要敬畏你的上帝。
我是耶和華。」

(利未記19章32節)

“ *Rise in the presence of the aged,
show respect for the elderly and revere your God.
I am the Lord.* ”

(Leviticus 19:32)

長毛廚子

葉永健，靈實護養院廚師



葉永健自小的志願便是當廚師，能夠在喜愛的廚房工作令他感到很快樂。

When Billy was young, his dream was to be a cook. Working in his favourite kitchen makes him happy.



靈實護養院廚師希望透過製作不同的精巧美食，傳達對院友的愛與關懷。

The chefs in Haven of Hope Nursing Home hope to deliver their love and care to the residents through making dishes of different styles.

11年了，我在靈實護養院工作已經11年了。記得多年前，爸爸因胃癌入院等候做手術，由於弟弟當時工作的地點和醫院很近，乘的士也不需十分鐘，所以每天趁休息時，他總會弄好兩菜一湯到醫院，將最新鮮的飯菜送到爸爸面前。由於當時爸爸不用戒口，所以只要他說想吃甚麼就有甚麼，就好像有專用廚師在身邊一樣。每當我下班時，我總會到醫院探望他，偶然也會給他煮一些他喜愛的食物，所以我也漸漸和護理人員熟絡起來。雖然爸爸最後也不能夠活下來，但我和家人也很感激當時護理人員對爸爸的悉心照顧。而且，從那時開始，我感受到關懷及悉心照顧對院友的重要。

回想起剛入職時，我和弟弟在不同的安老院和護養院的廚房工作，他比我更早入行。他在安老院已經有一羣fans了，那就是一羣可愛的院友們。我曾經跑到他工作的安老院參觀，看到一眾公公婆婆很開心地叫他的名字，及後經他介紹下知道我

靈實護養院定期舉辦「美食廣場」，為院友帶來無限驚喜及味覺享受。

Haven of Hope Nursing Home organises the "Food Plaza" frequently which brings residents pleasant surprises.



是他哥哥後，他們親切的反應使我知道他在廚房的工作表現也許不甚差，不然怎會有那麼多fans？

記得小學上中文作文課寫我的志願時，我曾經寫過廚師及警察，但因視力問題，所以我今天的職業是廚師。小時候我便對烹飪有很大的興趣，由小學開始我便和哥哥一起做飯菜，中學時也會每星期到屋邨茶餐廳的廚房工作賺取外快。中學畢業後，我曾任職業務推廣員及補習社，不過最後還是回到我所喜愛的廚房工作。

我享受烹調食物的過程，當中包括買材料至看到食客品嚐後的反應，所以到今天我仍然習慣每天觀察院友飯後剩下來的飯菜有多少。雖然藥物的反應會令院友的食慾減低，但我和其他廚師們都是很有誠意去改善食物的質素。我們不需要院友們的讚賞，只是希望他們感受到我們煮出來的食物，是充滿誠意及愛心的。

A Long Haired Cook

Billy Ip, cook, Haven of Hope Nursing Home

I have been working in Haven of Hope Nursing Home for 11 years. I still remember that many years ago, my father was admitted to a hospital for a surgery on gastric cancer. As the work place of my brother was near the hospital (just about ten minutes by taxi), he would cook two dishes and a soup during his free time and then bring them to the hospital. As there was no need for my father to avoid any specific foods, and he could eat whatever he liked, my brother was just like a special cook serving him. Every time I was off work, I would visit him and sometimes, I cooked some of his favourite dishes too. Over time the medical staff and I developed a close relationship. Though my dad finally passed away, other family members and I really appreciated the care of the medical staff. From that time onwards, I have come to realise the importance of love and care for our service users.

My brother and I worked in the kitchen of different elderly homes. He became a cook earlier than me. He had a lot of "fans" in the elderly home, who were just lovely. I had been to his elderly home once, and I saw that a lot of the elderly there called out his name excitedly. Later, my brother introduced me to them, and their sincere response led me into believing that his work performance must be very good, as he had so many "fans".

When I was a primary school student, my dream was to be a cook or a policeman and I wrote this in a Chinese essay. However, due to my eyesight problem, I became a cook. When I was a little boy, I was already interested in cooking and I always cooked with my brother when I was in primary school. When I was a secondary school student, I did part-

靈實希望每一位院友都能在院舍中吃得開心、住得開心！

The Haven of Hope hopes that every service user can eat happily and live happily in our homes.



time work in a restaurant's kitchen in the nearby estate. After graduation, I had been a business salesperson and worked in a tutorial school. However, I finally chose to work as a cook, coming back to my favourite place, the kitchen.

I enjoy the whole cooking process, including buying the ingredients and observing the response of the service users. So, up to today, I am still observing how much food is left after a meal everyday. Although I understood that medicine would dampen the appetite of the service users, I and the other cooks are eager to improve the food quality. What we need is not praise from the service users. We just hope that they can feel our sincerity and love through the food we cook.

夏季 老年病

黃海澄，靈實浸大中醫診所中醫師

老年人在夏季應注意水分的補充，
戒食生冷食物……
配合適量的運動……

夏天天氣很炎熱，易令老年人「津液外泄」。炎熱的天氣令出汗增加，體內的水分快速流失；老人由於對口渴不敏感，有部分更擔心夜尿問題而不敢喝水，故容易造成體內嚴重缺水。

「津液外泄」會增加中暑的危機。高溫易令體內熱量過高，汗出增多，當體內水和鹽份大量排出而得不到補充，會容易導致中暑。

此外，「津液外泄」亦增加患上心腦血管疾病的機會，尤以高血壓及腦血管硬化患者為甚。因為體內缺水將會使血液的黏稠度增高，影響血液循環，容易形成小血栓，造成心肌梗塞或阻塞腦血管。

還有，在夏天睡在冰涼的地上、吹風扇過多或冷氣溫度太低，均易令風寒濕邪積於體內，於冬季時令關節炎易於復發。

總而言之，老年人在夏季應注意水分的補充，戒食生冷食物、有適當的起居習慣及避免太長時間在戶外暴曬，配合適量的運動，以度過一個美好又充滿活力的夏日。

The Elderly Need to Maintain Body Fluids in Summer

Wong Hoi-cheng, Chinese medicine practitioner,
Haven of Hope - Hong Kong Baptist University Chinese Medicine Clinic

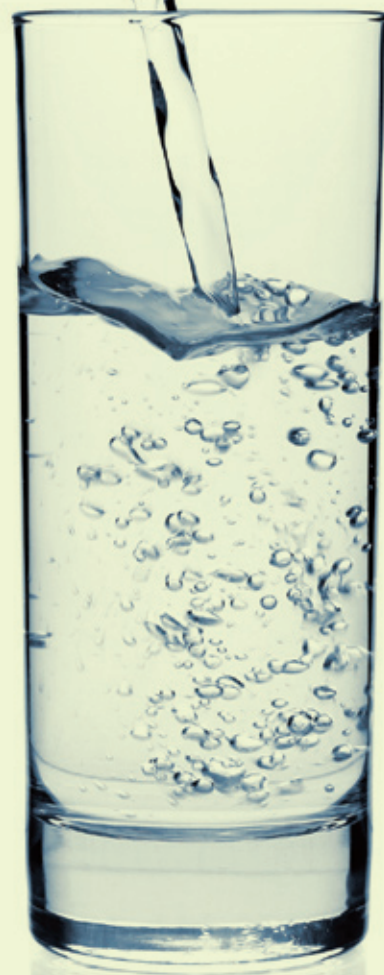
The hot weather in summer speeds up the excretion of body fluids, especially through sweating. Excessive sweating increases the body fluid loss. The elderly's insensitivity to the feeling of thirst and minimal intake of fluids before bed time to avoid frequent urination during the night often lead to a dehydration problem.

Loss of body fluids can also increase the risk of sunstroke. The hot summer leads to the increase in accumulation of "heat energy" in the body and thus sweating increases to maintain a normal body temperature. Excessive excretion of body fluids and electrolyte will raise the chance of getting a sunstroke.

Moreover, loss of body fluids also increases the risk of getting cerebral and heart diseases, especially for the hypertension and cerebral vascular sclerosis patients. This is because the loss of body fluids will increase the viscosity of blood and thus affect the blood circulation. As a result, the risk of embolus formation will rise, which will cause cardiac infarction or cerebral vascular thrombosis.

In addition, many summer "cooling" habits, including sleeping on the cold stone floor, overuse of electric fans and air-conditioners will increase the chances of accumulation of "wind, cold and damp evil" in the body. This will raise the chance of recurrence of arthritis in winter.

Therefore, during summer, the elderly should take plenty of water or drinks, avoid taking iced foods and beverages, have good daily habits, avoid long exposure to the sunlight and have enough exercise, so that they can enjoy a wonderful carefree summer.



遺贈
Bequest

您想過在您的遺願上支持我們的工作嗎？
如有此心願，歡迎聯絡我們的傳訊及籌募部：

Have you ever thought of supporting our work in your will?
If so, please contact our Communications and Resource
Development Department:

電話Tel : (852) 2703 3373 傳真Fax : (852) 2702 8173 電郵E-mail : info@hohcs.org.hk

E	POSTAGE PAID	Permit
	HONG KONG	No.
	PORT PAYE	3170

BULK ECONOMY

※ 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。

For organisations: If the recipient has resigned/transferred to other post, please pass the Haven of Hope News to the related staff and fill in the following form for our information.

※ 如閣下收到額外的《靈·感》，敬請見諒，希望你能轉送給親友，讓更多人了解我們的服務。

If you received an extra copy of the Haven of Hope News, please pass it to your friend. Thank you.

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
- ☐ 本人不想再收到《靈·感》 I do not wish to receive the Haven of Hope News in future
- ☐ 請將本人的通訊地址作以下修改 Please change the information on my address label and the updated details are:

姓名 Name: (Dr / Mr / Mrs / Ms / Rev / Prof) _____

編號（封面郵寄地址右下角）Reference no. (the No. on the right hand bottom of the address label): _____

職銜 Position: _____

公司名稱 Company Name: _____

住址 Home Address: _____

電話 Tel: _____ 傳真 Fax: _____ 電郵 Email: _____

請以正楷填寫以上的更改通知，並連同信封上的舊郵寄地址貼紙，郵寄或傳真至基督教靈實協會傳訊及籌募部。

Please complete the above form in block letters and mail/fax this notification together with your old mailing address label to Communications and Resource Development Department, 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.

本人樂意支持基督教靈實協會的服務，願捐助：

In support of Haven of Hope Christian Service, I donate:

- | | | |
|--|---|--|
| <input type="checkbox"/> \$ _____ 予基督教靈實協會
to Haven of Hope Christian Service | <input type="checkbox"/> \$ _____ 予靈實耆養院
to Haven of Hope Holistic Care Centre | <input type="checkbox"/> \$ _____ 予基層健康服務網絡 (社康)
to Primary Health Network (Community Health) |
| <input type="checkbox"/> \$ _____ 予靈實醫院
to Haven of Hope Hospital | <input type="checkbox"/> \$ _____ 予長者服務
to Elderly Care Service | <input type="checkbox"/> \$ _____ 予復康服務
to Rehabilitation Service |
| <input type="checkbox"/> \$ _____ 予福音事工
to Evangelistic Work | <input type="checkbox"/> \$ _____ 予靈實恩光學校
to Haven of Hope Sunnyside School | <input type="checkbox"/> \$ _____ 予靈實2010 賣旗籌款
to Haven of Hope Flag Day 2010 |
| <input type="checkbox"/> 需每月減稅收據 Given Monthly Tax Deductible Receipt | | |
| <input type="checkbox"/> 需每年減稅收據 Given Yearly Tax Deductible Receipt | | |

捐款總數 Total Donation Amount: HK\$ _____ **日期 Date:** _____





姓名 Name: _____ (先生/小姐/太太 Mr / Miss / Mrs) **電話 Tel:** _____

捐款者編號(封面郵寄地址右下角) Donor's reference no. (the no. on the right hand bottom of the address label): _____

地址 Address: _____

電郵 Email Address: _____

捐款方法 Donation Method:

- ☐ **劃線支票** : 祈付「基督教靈實協會」
Crossed cheque : Payable to "HAVEN OF HOPE CHRISTIAN SERVICE"
- ☐ **直接存入戶口 Direct debit cash to bank** : 香港匯豐銀行 HSBC 018-030023-001
- ☐ **信用卡** : ☐  ☐  ☐  ☐ 

持咭人姓名 Cardholder Name : _____

信用卡號碼 Card Account Number : _____

有效日期 Card Expiry Date : _____

持咭人簽署 Authorised Signature : _____

- ☐ **繳費靈** : 透過電話18033或互聯網www.ppshk.com捐款，基督教靈實協會商戶編號「9453」。
Payment by Phone Service (PPS) : Make payment through telephone 18033 or internet www.ppshk.com, merchant code for HOHCS is "9453"
- ☐ **按自動轉賬** : 會按上述個人資料寄上「直接付款授權書」，或可於本會網頁內下載www.hohcs.org.hk。
Autopay : "Direct Debit Authorisation Form" will be sent to you according to the personal information above or you can download the form from our website www.hohcs.org.hk

備註：

- 請將支票、銀行存款單或直接付款授權書寄回本會傳訊及籌募部收。
Please send cheques, deposit slips or Direct Debit Authorisation to our Communications and Resource Development Department.
- 捐款港幣100元或以上將獲發減稅收據。
Tax deductible receipt will be given to donations of HK\$100 or above.
- 以信用卡或繳費靈捐款者可傳真此表格到本會傳訊及籌募部。此表格可自行複印。
Please send this form to our Communications and Resource Development Department by fax if you donate by credit card or PPS. Please copy the form if necessary.

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 : 2703 3373

網址 Website : www.hohcs.org.hk

傳真 Fax : 2702 8173

電郵 E-mail : info@hohcs.org.hk

NEW_NEW_1006

請沿虛線剪下

請沿虛線剪下



郵票由持
牌人支付

Postage will be
Paid by Licensee

您毋需貼上郵票；但如果您能貼上郵票，本會便可以節省
所需的郵票費。請幫忙減低我們的開支。

如在本港投寄
毋需貼上郵票

No Postage Stamp
Necessary If
Posted In Hong Kong

BUSINESS REPLY SERVICE
LICENCE NO. 1497

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