

尊重生命
改變生命 60年

Respecting Life
Impacting Life For 60 Years



60th
周年
Anniversary



基督教
靈 實
協會
HAVEN
OF HOPE
CHRISTIAN SERVICE

尊 重 生 命 • 改 變 生 命 60 年

行政總裁的話 From the CEO

親愛的靈實支持者：

不經不覺，基督教靈實協會（以下簡稱靈實）已成立60周年，由昔日的荒原、木屋發展成今日頗具規模的靈實臺及其他各項事工，包括福音事工、長者服務、復康服務及健康服務。最近我們的服務更加擴展至銅鑼灣，位於公理堂17及18樓的靈實銅鑼灣醫療中心是一所匯合中、西醫專科治療的一站式醫療中心，當中設有老人科診所及記憶護理中心，為長者及其家人、照顧者提供認知障礙評估、日常護理及記憶護理等專業意見。

靈實的服務只是一個平台，最終目的是希望透過我們的專業服務使服務使用者及同工都能得到豐盛的生命。靈實尊重每一個人的生命，所以我們的異象禱詞、使命和服務人群的精神都是「以愛心服事關懷」為中心，我們盼望同工和服務使用者都因著愛讓生命更加豐盛。

當年，靈實的創辦人司務道教士經常跪在小山丘上，為靈實的工作同心合意禱告。禱告帶領靈實發展至今，我誠邀大家一起為靈實同心禱告，在邁向新世代時，靠著主的恩典，繼續迎接新的挑戰。

今年，靈實的主題是「尊重生命・改變生命60年」，我盼望在未來的日子，靈實會繼續秉承先賢的使命與精神，讓他人的生命得以有正面的改變，並積極分享生命，使社會更加合乎神的心意。

Dear supporters,


Sixty swift years have passed since the founding of Haven of Hope Christian Services (the Haven of Hope). Out of bare fields and from the wooden structures of bygone years, the Haven of Hope has grown into the sizeable operation Haven of Hope Terrace is today, offering a host of services including evangelistic work, elderly care, rehabilitation and health care. More recently, the reach of our services was extended to Causeway Bay with the opening of Haven of Hope Causeway Bay Medical Centre. Located on the 17th and 18th floor of China Congregational Church, the centre is a one-stop medical centre that provides integrated Chinese and Western medical treatment. The medical centre also runs a geriatric clinic and a memory care centre to provide diagnostic services for mild cognitive impairment as well as professional advice on daily care and memory care to the elderly, their families and caregivers.

Our services are only a platform: Through providing professional services, we ultimately desire for our service users and staff to have fulfilled lives. The Haven of Hope values each individual life; because of this, the heart of our vision prayer, mission and service philosophy is "With Love, We Serve and Care". Our hope is that the lives of our service users and staff will be richer because of love.

Years ago, Sister Annie, the founder of the Haven of Hope, often knelt on this hill and prayed for unity in the work of the Haven of Hope. Her prayer has led the Haven of Hope through its years of development to today. I invite all of you to join me in prayer for the Haven of Hope that we will continue to rely on God's grace as we step into new times and face new challenges.

The theme of this year is "Respecting Life • Impacting Life for 60 Years." It is my hope that in the coming days we will continue to carry on our forbearer's mission and spirit in bringing about positive change in people's lives. Through sharing our lives with passion, may we be a society that is more pleasing to God.

行政總裁
Chief Executive Officer



林正財醫生
Dr Lam Ching-choi

靈·感

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基督教靈實協會 Haven of Hope Christian Service

異象禱詞 | Vision Prayer

神啊，我們並肩服事及成長，見證福音，並體會祢的愛，願祢心滿意足。阿們。

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

使命 | Mission

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

Through a ministry of holistic care, we strive to share the Gospel and develop a Christian community. In the love of Christ, we deliver our service in a caring, professional and progressive spirit so that the lives of those serving and being served are mutually enriched.

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尊重生命 改變生命 60年

靈實成立於1953年，60年來不斷發展，由荒原、木屋發展成今日極具規模的靈實，實有乃不同人曾付出的努力，包括靈實董事、同工、義工、服務使用者等。今期的《靈感》，不同年代的靈實代表人物將講述當年的靈實歷史、發展及感受，我們可以從中看見靈實的服務如何尊重生命、改變生命。



譚美娟姑娘

靈實醫院60年代的護士，已退休。

在天父看顧下的靈實

重踏靈實，白雲藍天，雀鳥飛翔，園中花草夾道，樹上金黃色的葉子隨風飄下，濃濃的秋意伴著我回到那些服事靈實的日子。在這美麗的地方，有歡笑、流淚、共聚、分離、新生慶祝及死亡告別。懷想那些曾觸動我生命的人和事，我在其中只是一粒小石子，很榮幸有份擠於靈實那大拼圖中，內心充滿感恩。因為掌管靈實歷史的神，祂創立、看顧、保護、賜福這特定的地方，在不同歲月中，祂揀選、感動願意給神使用的人，忠心服事。最終，在醫護上有需要的人，得以從這班願意委身的服事者中影響自己的生命。

難忘初踏進靈實，參加逢周五晚的祈禱會，與司務道教士、黃茵若姑娘和其他弟兄姊妹一同跪在主面前，為重病人、罹病的同工、同學、醫院各項需要(包括人力、物力)、為神的僕人、使女、我們的國家、香港社會平安、突發性的災難等等懇切流淚禱告。神垂聽禱告！每每都按著祂的心意成就，且常常超過我們的所求所想。

當日我目睹病人、同工身心得醫治，生命改變，如今他們也獻身在不同工場上作主工，事奉永活的神，幫助有需要的人。那些實實在在使我深受感動、鼓勵我繼續與弟兄姊妹在主前禱告，為要得憐恤、蒙恩惠、作隨時的幫助。

願榮耀歸給那永遠掌管歷史的神。



譚姑娘與兒童病人合照。
Ms Tam with children patients.



王明理先生

王明理先生乃靈實早期的董事，主要負責籌建迦南療養院(即現在的靈實恩光學校)。

難忘司教士的無私奉獻

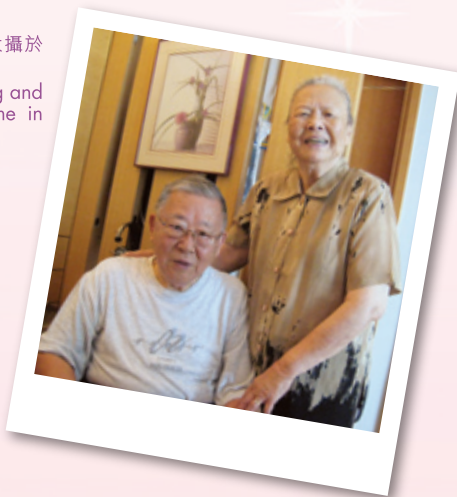
王明理先生早於1953年已認識司務道教士，那時候靈實的現址只是一片荒原，名叫元洲。他憶述如何開始參與靈實的事工時稱：「我與一位英國傳道海富生醫生(Dr. Harverson)是好朋友，因為他的邀請，我開始每星期兩次前往調景嶺參與靈實的醫療工作。」當時要前往調景嶺，十分艱辛，由於沒有車路，只得從西灣河乘船前往。雖然路途遙遠，但並沒有減退他為主事奉的心志，而司教士無私的奉獻，令他留下深刻的印象。他形容司教士是一名典型願意捨己為人的宣教士：「她24小時照顧患有肺病的人，與他們祈禱、講道，並服事他們生活上的各項需要。她毫不計較，她的住處，既是診所，亦是手術室、病房，有時她亦會讓病人在住處過夜，好讓自己可以隨時照料。」

其實王明理是修讀工程的，他最希望是傳福音，並不是辦醫院。及後，他和海醫生一起籌建迦南療養院，為現在的靈實恩光學校進行開荒、鋪路。王明理一生為信仰而活，他後來開設電梯公司，利用自己的辦公室來成就更多上帝的事工，當年的《突破》雜誌、學生福音團契、基道書樓、華福等都是在他的辦公室開始事工。

Respecting Life Impacting Life For 60 Years

The Haven of Hope was founded in 1953. It has continuously developed over 60 years from a wooden hut on a barren upland to the large modern complex offering the diverse services we see today. This expansion has not occurred without the efforts of many different people, including the Directors, staff, volunteers and service users at the Haven of Hope. In this Newsletter, figures of the Haven of Hope's various eras will discuss their part of the story, showing how the Haven of Hope's services respect and transform lives.

王明理先生與太太攝於香港的居所。
Mr Michael Wong and wife in their home in Hong Kong.



Mr Michael Wong

Mr Wong Ming-lee, Michael was an early director of the Haven of Hope. He was mainly responsible for the preparations for building the Caanan Sanatorium, the forerunner to Sunnyside School.



The Unforgettable Selfless of Sister Annie

Mr Michael Wong first came to know Sister Annie in 1953. At that time, the site of the Haven of Hope was just a barren upland area called Yuen Chau. He reminisced about how he was drawn into the ministry of the Haven of Hope, "I was a good friend of the British doctor, Dr Harverson, who invited me along to help twice a week at the Haven of Hope's facility at Tiu Keng Leng." In those days, there was no motorway, so travelling to Tiu Keng Leung was very difficult, and he had to take a ferry from Sai Wan Ho. Despite the long journey, his enthusiasm to serve the Lord was not diminished, and he was greatly impressed by the example of Sister Annie's selfless sacrifice. He described Sister Annie as a model missionary who was willing to sacrifice herself to benefit others, "She took care of the tuberculosis patients 24 hours a day, praying with them, sharing with them and served to satisfy all their needs. She lived among the sick, making her home in the

clinic, ward and surgery room, and sometimes she would let the patients stay overnight at with her so that she could take care of them herself."

Mr Wong, who was studying engineering, felt a deep calling to spread the Gospel, but had not considered running a hospital. Together with Dr Harverson, he founded the Caanan Sanatorium, laying the foundation for the modern Sunnyside School. For his whole life, Mr Wong lived for his faith. He founded an elevator company and used his own office to establish many godly ministries, such as the Breakthrough Magazine, Fellowship of Evangelical Students (H.K.), Logos Bookhouse and CCCOWE.



Ms Tam Mei-kuen

A nurse of Haven of Hope Hospital in the 60s (now retired).

The Haven of Hope under the Care of God the Father

I recently revisited the Haven of Hope on a beautiful day, with birds in the blue sky among white clouds and golden leaves falling on the picturesque autumn garden. The scenery reminded me of my time serving at the Haven of Hope. In this beautiful place, I experienced joy, tears, gatherings, separations, welcoming newborns and bidding the parting farewell. When I reflect on how I was touched by the people and their stories here, I see how small my part was. I was so honoured to have the opportunity to be a part of the mosaic of the Haven of Hope, and for that I am filled with gratefulness because our God, who controls the history of the Haven of Hope, establishes, cares for, protects and blesses this particular place and, at the appropriate time, He chooses and touches those who are willing to be used by God for faithful service. Because of their willingness in ministry, the lives of those receiving medical care are touched and changed.

I cannot forget the time when I first set foot on the Haven of Hope to join the Friday prayer night. I knelt down before the Lord with Sister Annie, Ms Mary Wong and



黃李玉萍女士

早於70年代認識司務道教士，現為靈實董事會副主席。

盼望之灣

70年代，因著教會探訪肺病患者及戒毒者，黃李玉萍女士年少時曾到訪靈實，有機會接觸司教士。「當時，我感受到司教士的偉大，隻身獨自來到香港，與一班最卑微的人在一起。」她說，司教士在愛裡沒有懼怕，縱然知道照顧肺病病人會有生命的危險，她仍甘願作犧牲的嘗試。

95年開始，黃太開始參與靈實的董事會，她見證著靈實在架構上的變化。她稱，在司教士的年代，在資源緊絀的情況下，只得靠幾位宣教士承擔所有的服事。然而隨著社會的進步，對醫療的需求不斷提高，缺乏資源令靈實經營感到壓力。97年後，董事會認為靈實的使命並不只是口號，為提升醫院的專業，靈實必須購買先進的醫療器材，故此靈實醫院決定交由醫管局所管理。2000年，董事會決定訂立靈實異象、使命與精神，令後人繼續留存司教士創立靈實的精神。在靈實服事數十載的黃太對靈實寄予厚望，她稱：「靈實的服務只是一個平台，最終目的是給服務使用者一個承載哀傷、痛苦的地方，成為盼望之灣。」



李利平牧師

80年代曾擔任靈實服務與拓展行政主任，現任靈性關顧總監。

神的預備

八十年代可說是將軍澳區醫援會（基督教靈實協會的前身）的一個里程碑，箇中最重大的改變，就是由醫療服務擴展到社會服務和教育服務。

社會服務方面，醫援會在1981至1982年間在調景嶺推行鄰舍及社區發展計劃、成立調景嶺老人中心。另外，由於政府計劃在將軍澳填海，增加居住用地，靈實醫院需要擴建。醫援會的事工，便這樣一步一步地確立起來。

教育方面，恩光兒童院在1981年正式向當時的教育司署註冊為恩光學校／兒童院，為嚴重智障兒童提供寄宿服務。直至今日，它在特殊教育方面的成就得著廣泛的接受性。更感恩的是學校為學生及他們的家人而設的無障礙敬拜，為參加者帶來不少祝福。

司務道教士曾寫道：

「一九五五年七月五日，我和幾位弟兄姊妹在元洲的小山丘上交通、禱告的時候，主耶穌清清楚楚把一個異象放在我們心裡：將來在這山丘上，祂要建立一座聖殿，成為附近村落中千千萬萬人黑暗中的光。」¹

這五十多年來的改變，印證著神親自成就了祂的應許。

誰會想到昔日這個環海的荒原，今天竟會變成居住了40萬人的將軍澳？

司教士昔日在這個小山丘上建立聖殿，今天它的十字架繼續照耀著將軍澳，向這裡的居民傳揚著神的愛和恩典。

¹ 司務道教士：《荒原上——司務道教士自傳之二》，頁77，香港，靈實福音佈道團出版，1985；第九版，2008。

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60年代的聖殿。
The chapel in the 1960s

譚姑娘與司務道教士合照。
Ms Tam with Sister Annie.



other siblings in Christ and tearfully and earnestly prayed for the numerous needs of the Haven of Hope and the wider community: the sick colleagues and classmates, the critically ill, the material and personnel needs of the hospital, for the servants of God, our country, the stability in Hong Kong, and any sudden or unexpected disasters. How God listens to our prayers! He would answer the prayers by His will every time and always provided more than we expected.

Then I witnessed physical and spiritual healing for the sick and for our colleagues, now many of them devote themselves to the Lord's service in many fields. Their stories have deeply touched my heart and encouraged me to continue to pray before God with siblings in the Lord, so we may receive mercy and find grace to help in time of need.

Glory be to God for history is in His hand.



Mrs Agnes Wong

Mrs Agnes Wong has known Sister Annie Skau Berntsen since the 1970s. She is now the Board Vice-Chairman of the Haven of Hope.

A Bay of Hope

In the 1970s, after she had visited tuberculosis patients and those undergoing drug rehabilitation at the Haven of Hope with her church, Mrs Agnes Wong had taken the opportunity to contact Sister Annie. Mrs Wong said, 'At that time, I felt a growing realisation of Sister Annie's greatness, as she had travelled alone to Hong Kong and devoted herself to serving the lowly.' Sister Annie's love had cast out her fear. Despite knowing that her life might be at risk by caring for the tuberculosis patients, she adopted a spirit of self-sacrifice to tend to them.

In 1995, Mrs Wong joined the Haven of Hope Board of Directors and witnessed the structural changes in the organisation. She said that in Sister Annie's time, only a few missionaries, who had to do all the work themselves, served at the Haven of Hope due to its limited assets. However, as society progressed, the increasing demand for medical service and the shortage of its resources put pressure on the Haven of Hope. From 1997, the Board of Directors, determined to put the Haven of Hope's values into practice, decided to upgrade the hospital by purchasing advanced medical equipment, which required

coming under the Hospital Authority's supervision in order to receive its support. In 2000, the Board of Directors decided to promote the Haven of Hope's founding vision, mission and core values, so that its successors would remain true to Sister Annie's values. After several decades serving in the Haven of Hope, Mrs Wong retains a grandiose vision for the Haven of Hope's future direction. She said, 'The Haven of Hope's values and current service is only a small foundation: our ultimate aim is to support more service users through their grief and pain so that we may grow to become a Bay of Hope.'

黃李玉平女士為靈實香港中文大學中醫教研中心開幕禮擔任主禮嘉賓。

Mrs Agnes Wong officiates at the opening ceremony of the Haven of Hope-Chinese University of Hong Kong Chinese Medicine Centre for Training and Research.



Rev Pius Li

In the 1980s, the Rev Pius Li served as the Programme and Development Administrator of the Haven of Hope. He is now the Director of Spiritual Care.

The Lord's Providence

The Junk Bay Medical Relief Council (JBMRC, the former name of our organisation) developed significantly during the 1980s. The most important changes happened when JBMRC augmented its medical care with the addition of social and educational services.

During 1981/82, JBMRC started its social service program by launching both the Neighbourhood Level Community Development Project and the Social Centre for the Elderly in Rennie's Mill (now Tiu Keng Ling). JBMRC's diverse activities in Rennie's Mill were gradually and purposefully expanded as the Haven of Hope Hospital was redeveloped in response to the government's reclamation of land for residential use in Junk Bay.

1981 also saw the commencement of JBMRC's educational projects when the Sunnyside Children's Hostel (SCH), a special boarding school for severely mentally handicapped children, was formally registered with the Education Department. Today, SCH is well regarded and appreciated for its service in special education. One particular highlight has been the 'No Barrier Worship', pioneered by SCH for students and their families, which has greatly blessed all who have participated in it.



郭倩彤媽媽

靈實恩光學校學生的家長，自1995年起開始入讀該校。

從執著到放手

曾幾何時，郭倩彤媽媽為女兒的殘障感到哀傷無助，倩彤從幼兒中心到特殊學校就讀，再因搬遷轉到靈實恩光學校，一所郭太認為有愛心、擁有宗教信仰的嚴重智障學校，位處將軍澳半山，空氣清新、幅員遼闊。倩彤嚴重失聰，郭太在恩光接觸到有經驗的言語治療師，學習到如何在家為倩彤延續在校的訓練。最初，郭太對倩彤在校情況諸般不放心，卻給她遇上細心關懷的班主任，對倩彤觀察入微，就她在校進食、上課、步行情況，與郭太保持密切

溝通，貫徹倩彤全日的訓練模式。漸漸地，郭太學會放鬆自己，亦放手讓女兒快樂成長，閒來一家人四處遊歷。

多年來，郭太目睹恩光不斷擴班、建設各項設施，包括她有份推薦的水療池，讓學生可在水中自由活動。她也感謝羅啟康校長認真聆聽畢業生家長的需要，排除萬難，成立靈實恩光成長中心，以自負盈虧的模式運作，為離校生提供訓練和支援服務。現時，倩彤亦是成長中心的學員，更在去年四月參與在柴灣青年廣場上演的「愛與恩光同行」舞台劇，為成長中心籌募經費。當郭太陪伴女兒在後台等候出場時，看到急性子的倩彤，變得懂事、有耐性，知道穿起舞衣要上台表演，並發揮了綵排時的水準。郭太體驗到倩彤在校訓練的成效，感受到女兒真的長大了！



李清詞牧師

香港中華基督教會第一位女牧師，自2003年起居住在靈實樂頤居。

靈實堅守愛心關懷的服事

李清詞牧師近十年來在靈實管理下的樂頤居居住，她感到十分安心，並大讚其服務水平。「有一次，我因意外而撞穿頭，頭部需要縫8針，在家2個星期不可以洗頭。樂頤居的護士每天上門幫忙，用濕毛巾替我沐血，我感受到他們的細心及愛意。」

她續稱，一般老人服務的機構只為賺錢，但靈實有著「愛心服務關懷」的精神，以愛心服事每位老人家。職員態度友善，他們不謹給予服務，更加帶給住戶快樂。記得有一次在飯堂，廚房的大廚見到老人家沒有胃口吃飯，於是便跑出來，與老人家閒談及鼓勵他們，場面十分溫暖。

她相信靈實精神是使其服務不斷提升的原因，薪火相傳，生命得以影響生命。

李清詞牧師攝於靈實樂頤居的居所。
Rev Lee Ching-chi's apartment at the Haven of Hope Jolly Place.



郭倩彤與家人足跡踏遍西海草原。
The Kwoks travel to the Xihai Grasslands.

尊重生命
改變生命 60年
Respecting Life
Impacting Life For 60 Years



李牧師攝於聖殿前。
Rev Li in front of the chapel.

In her autobiography, *On the Barren Upland*, Sister Annie Skau Berntsen shared that

*"When I had a fellowship and prayer meeting with several brothers and sisters on the hillock of Yuen Chau on 5th July 1955, the Lord Jesus clearly placed a vision in our minds: on this hillock He would build a temple to shine as the light in darkness for the thousands and tens of thousands of people in the neighbouring villages."*¹

Every change in the past 50 years testifies that the Lord has indeed made good on His promise.

Who would have imagined the barren upland and its surrounding waters would become today's Tseung Kwan O new town, with its four hundred thousand residents? From the chapel that Sister Annie once built, the light of the cross continues to shine over Tseung Kwan O, conveying God's love and grace to all who live nearby.

¹ Annie Skau Berntsen (with Katherine Shang Vee Sui), *On the Barren Upland*, translators: Dr Nip Kam Fan with Richard B Blakney, 1st English Edition 2003, Haven of Hope Christian Service, p.109.



Mother of Kwok Sin-tung

Parent of a student enrolled in Haven of Hope Sunnyside School in 1995.

From Insistence to letting-go

There was once when Kwok Sin-tung's mother was feeling helpless and depressed over her daughter's disability. After her time in a nursery school, Sin-tung had been transferred to a special education school, and when her family moved, she started attending Haven of Hope Sunnyside School. For Mrs Kwok, the devoted school on the airy hillsides of Tseung Kwan O was permeated with a genuine love for the severely mentally handicapped. The experienced Speech Therapists at Sunnyside worked closely with Mrs Kwok, helping Sin-tung, who has a severe hearing impairment, to continue her training even when she is at home. Mrs Kwok was at first uneasy with Sin-tung's being at school while suffering from her condition, but the

attentive class master watched carefully over Sin-tung and kept in close contact with Mrs Kwok, about how Sing-tung was eating, attending class, walking, and other details of her daily education. Gradually, Mrs Kwok started to relax and saw her daughter grow happily and the whole family was able to travel when they had spare time.

For many years, Mrs Kwok has witnessed the continual expansion of the school and the installation of various facilities. She was one of the parents who recommended that the school set up a therapeutic swimming pool to allow students to swim and move in the water. She is grateful to Principal Law Kai-hong who closely listened to the needs of the parents of alumni and established the self-financing Haven of Hope Sunnyside Enabling Centre which provides training and support for graduates, including Sin-tung. Sin-tung participated in the "Walk Hand in Hand with Love" musical at Youth Square in Chai Wan in April last year to raise funds for the Centre. When Mrs Kwok accompanied her daughter backstage to change before the performance, she saw how the bad-tempered Sin-tung had become patient and understanding, and that she performed on the stage to the same standard that she had shown during the rehearsals. Mrs Kwok experienced first-hand the benefits her daughter gained from the school. Her daughter has grown up.



Rev Lee Ching-chi

The first female Reverend in The Hong Kong Council of Church of Christ in China has been living in Haven of Hope Jolly Place since 2003.

The Haven of Hope insists to Serve with Love and Care

Rev Lee Ching-chi has lived in Jolly Place, managed by the Haven of Hope, for the past ten years. She highly praised the level of service. "I once had an accident when I hit my head and required eight stitches. I was unable to wash my head for two weeks at home. Jolly Place nurses helped me each day, carefully wiping blood from my head with towels, and I could feel their attentiveness and love."

She continued, "Most elderly service organisations are principally driven by profits, but the Haven of Hope is infused with the spirit 'With Love, We Serve and Care'. Its staff do not only deliver service but also spread joy among the residents. I recall one heart-warming occasion in the canteen when the chef saw that a resident has lost his appetite, and immediately ran out to talk to him and encourage him."

She believed that the enduring spirit of the Haven of Hope allows its continual progress; as each new generation inherits the desire to influence and improve the lives of those they serve.

靈實 耆樂餅 義賣籌款2012

基督教靈實協會自1996年開始每年舉辦「靈實耆樂餅義賣籌款活動」。今年，我們會繼續將籌得的善款，幫助一班患有長期病患的長者提供家居護理服務，讓他們得到專業的照顧，實踐「居家安老」的理想。

獲VanGO便利店的鼎力支持，我們於港、九、新界共65間VanGO便利店義賣耆樂餅，成績非常理想。除此以外，亦特別感謝我們的耆樂夥伴——宏利人壽保險(國際)有限公司。他們自2003年開始，鼓勵同事訂購耆樂餅及成為公開義賣日攤位的義賣義工，讓更多長者感受到社會人士對他們的關心。

公開義賣日

靈實耆樂餅公開義賣日已於11月17日及18日順利舉行，感謝各公司機構、學校、屋村屋苑、議員、義工團體積極參與義賣工作。縱然當日下著雨，氣溫驟降，但義工們依然落地地呼籲，為長者服務籌款，全憑大家的幫助，活動才得以順利舉行。



靈實的忠實夥伴車路士足球學校的義工，每年都踴躍參與靈實耆樂餅義賣。

The Chelsea FC Soccer School, our loyal partner, sends volunteers to participate in the Haven of Hope's Qile Cakes Charity Sale every year.



義工撐著傘「齊撐」靈實耆樂餅。

Volunteers assisting at the Qile Cakes Charity Sale, with their umbrellas.



為長者服務籌款當然少不了靈實行政總裁林正財醫生及「老友記」的支持。

The Haven of Hope CEO, Dr Lam Ching-choi, and an elderly beneficiary show their support at the Qile Cakes Sale

「耆樂滿屋」· 愛心屋邨／屋苑籌款 得獎結果

全港組

冠軍：麗晶花園

亞軍：樂雅苑

季軍：維景灣畔及陳繼偉議員辦事處

其他參與的屋邨、屋苑(排名不分先後)：

- 明華大廈
- 欣明苑
- 新寶城
- 寶盈花園
- 觀塘花園大廈
- 祥和苑
- 蔚翠花園
- 彩明苑
- 富寧花園
- 疊翠軒

Qile Cakes Charity Sale 2012

The Haven of Hope Qile Cake Charity Sale has been held annually since 1996, and this year the funds were raised for our Home Care services, following the aim to providing elderly people the option of remaining at home while receiving professional care.

With the tremendous support of VanGO convenience store, Qile Cake was also available in 65 VanGO convenience stores across the territories. We also would like to especially thank our Qile partner – Manulife (International) Limited. Since 2003, they have consistently shown their enthusiastic concern for the elderly by encouraging their staff to purchase Qile cakes and volunteer at the booths on the days of Qile Cakes Charity Open Sale.

Qile Cakes Charity Open Sale

The Open Sale was successfully held on November 17 – 18, 2012. We would like to thank each and every company, organisation, school, residential estate, District Councillor, and volunteer team who participated in the event. Even though it was raining and there was a sudden drop in temperature that day, the volunteers still put in great efforts to persuade pedestrians to purchase the Qile Cakes to raise the funds for the elderly service. The sale would not have succeeded without their support.

“Qile” Housing Estates / Courts Fundraising Award Competition Results

Open Group, Hong Kong

Champion : Richland Gardens
1st Runner-up : Lok Nga Court
2nd Runner-up : Ocean Shores
 and Mr Chan Kai-wai office,
 Sai Kung District Council Member

Other participating Housing Estates, Courts :

- Ming Wah Dai Ha
- Yau Ming Court
- La Cite Noble
- Bauhinia Garden
- Kwun Tong Garden Estate
- Cheung Wo Court
- GREENPARK Villa's Estate
- Choi Ming Court
- Fu Ning Garden
- The Pinnacle

特別鳴謝 Special acknowledgement to

音樂夥伴
“Qile” Partner



指定插畫師
Illustrator



義賣夥伴
Retailing Partner



媒體夥伴 (排名不分先後)
Media Partner (In no particular order)



耆樂愛心企業 (排名不分先後)
“Qile” Companies (In no particular order)



一眾屋邨屋苑的代表在2012耆樂耆樂餅「耆樂滿屋・愛心屋邨/屋苑籌款比賽」晚宴暨頒獎典禮中，一同分享籌款活動的成果。

Representatives from various residential estates joined the “Haven of Hope Qile Cake Estates Fundraising Campaign 2012” Award Presentation Dinner to share the joy and happiness.

第十五屆靈實慈善高爾夫球賽完滿結束！

第十五屆靈實高爾夫球慈善賽已於2012年12月1至2日，假南沙高爾夫球會完滿結束。八十多名高爾夫球愛好者一連兩天於高爾夫場上一展身手，為拓展家庭及社區健康服務和中醫外展服務，共籌得港幣三十多萬元善款。球賽至今已踏入十五周年，更成為靈實一年一度以球會友的盛事，球賽能夠繼續取得成功，實在是有賴各參加者及贊助商的鼎力捐獻及參與。盼望高爾夫球愛好者繼續支持靈實，為社區上有需要的市民，締造健康友愛的社區。



比賽開始前，各高球手一同合照
Group photo before tournament tee-off.

The 15th Haven of Hope Fundraising Golf Tournament successfully held

The 15th Haven of Hope Fundraising Golf Tournament was successfully held on 1 and 2 December 2012. Over 80 golf lovers descended on the greens at Nansha Golf Club and showcased their golfing skills over two consecutive days. Together, they helped raise over HK\$300,000 toward the expansion of family and community health and Chinese medicine outreach services. Entering into its 15th year, the golf tournament is an annual highlight for HOHCS, bringing together friends who share a common love for the game of golf. The tournament's success is thanks to our participants' and sponsors' enthusiastic support. We look forward to seeing continued support from golf lovers toward our efforts to build a healthy, loving community for those in need in our society.

贊助商（排名按字母序）Sponsors：



靈實恩光成長中心——雙重喜悅 無限感恩

靈實恩光成長中心喜獲傳德蔭基金撥款，支持中心由2012年至2015年進行之「成長同行樂滿紛」計劃，為靈實恩光學校的畢業生提供持續性學習及住宿照顧；並為區內學前及有特殊需要之學童，提供適切之言語及職業治療服務。同時，中心會以不同形式的家長小組，支援有特殊需要人士之照顧者。

此外，在DFS國際集團香港店的支持下，中心成功申請社會福利署轄下之「攜手扶弱基金」的贊助，計劃為期一年，為黃大仙及西貢區內有經濟需要的學童提供多元化的活動，並推廣共融學習的社區教育工作。

基金的熱心支持，實在是對中心服務的最大肯定！鞭策我們精益求精，為智障人士謀福祉，並以感恩的心，審慎地運用資源，去服務社會上常被忽略的一群。



中心運用基金資源，為學員及家人舉行中秋晚會及攝影比賽，參賽作品並張貼在校內供大家欣賞。

The centre applied funds toward organising a Mid-Autumn Festival Dinner Gala and a photography contest for our students and their families. Contest submissions were displayed throughout the school campus for all to enjoy.

ICAP榮譽呈獻《相約星期二》 第100場慈善場

ICAP榮譽呈獻《相約星期二》第100場慈善舞台劇已於2012年12月7日假香港理工大學賽馬會綜藝館演出。當天，我們邀請到黃仁龍太平紳士、聯毅匯業有限公司（ICAP）北亞地區行政總裁陸景生先生及靈實醫院院長徐德義醫生、靈實醫院管治委員會委員吳仕福博士及基督教靈實協會副營運總裁莊寶玲女士作開幕禮的主禮嘉賓。

是次活動，得到ICAP贊助，為靈實醫院的老人科及舒緩治療服務籌募經費，以幫助病人及其親屬在面對疾病、痛苦甚至死亡時，得到適切的醫療護理及心靈輔導，讓病友能有尊嚴及平靜地面對生命的晚期。



The 100th “Tuesdays with Morrie” charity performance presented by ICAP

On 7 December 2012, the theatrical adaptation of “Tuesdays with Morrie,” presented by ICAP, was successfully staged at the Jockey Club Auditorium, the Hong Kong Polytechnic University. We were honoured to have with us, as officiating guests of the opening ceremony: Mr Wong Yan-lung, JP; Mr Benny Luk, Regional Chief Executive Officer of North Asia, ICAP (Hong Kong) Limited; Dr Chui Tak-yi, Chief Executive of Haven of Hope Hospital; Dr George Ng Sze-fuk, member of the Haven of Hope Hospital Governing Committee; and Ms Chris Chong Po-ling, Deputy Chief Operating Officer of Haven of Hope Christian Services.

Through the sponsorship of ICAP, this event raised funds for geriatrics and palliative care at Haven of Hope Hospital. These services provide appropriate medical care to patients facing illness, pain and even death, as well as spiritual and emotional support to them and their families, such that patients can live out their last days in peace and with dignity.

西貢區區議會主席吳仕福太平紳士、中英劇團藝術總監古天農先生、靈實醫院醫院行政總監徐德義醫生、黃仁龍太平紳士、聯毅匯業有限公司（ICAP）北亞地區行政總裁陸景生先生及靈實副營運總裁莊寶玲女士一起舉杯慶祝。

Dr George Ng Sze-fuk, Chairman of Sai Kung District Council, Mr Ko Tin-lung, Artistic Director of Chung Ying Theatre Company, Dr Chui Tak-yi, Hospital Chief Executive of Haven of Hope Hospital, Mr Wong Yan-lung, JP, Mr Benny Luk, Regional Chief Executive Officer of North Asia, ICAP (Hong Kong) Limited and Ms Chris Chong, Deputy Chief Operating Officer of Haven of Hope Christian Service, toast in celebration.

Haven of Hope Sunnyside Enabling Centre: *Giving Thanks for a Twofold Joy*

Haven of Hope Sunnyside Enabling Centre is thrilled to have been awarded funds by the Fu Tak Lam Foundation toward its “Growing Together” programme for the years 2012-2015. The programme provides continued education and residential care for graduates of Haven of Hope Sunnyside School, as well as speech and occupational therapy for preschoolers and special needs children in the district. The centre also runs various parent support groups to provide assistance to carers of persons with special needs.

Furthermore, with the support of DFS Hong Kong Limited, the centre successfully applied for funding from the Partnership Fund for the Disadvantaged administered by the Social Welfare Department. The funds will go toward a one-year programme which will organise multifarious activities for schoolchildren from the Wong Tai Sin and Sai Kung districts who have financial needs, and promote family learning through educating the community.

The centre is greatly affirmed by the enthusiastic support of the two funds. It spurs us toward greater

excellence in bettering the lives of those with mental impairment. We are also encouraged to adopt a posture of gratitude and stewardship in managing our resources in the service of the neglected in our society.



中心安排學員參與大型戶外活動，增廣見聞！
Outdoor excursions are organised to broaden our students' horizons.

靈實樂田原

已於2012年8月尾正式投入服務，旨為各服務使用者或同工提供一個栽種有機瓜菜蔬果的平台。「樂田原」位於靈實醫院寶琳南路入口附近，總面積約6000多平方尺，讓生活在都市的我們透過親身栽種瓜菜蔬果，體驗有機耕種的樂趣，鍛練身心、培養個人內在素質和品格，建立綠色生活。農田的租用時段每期為三個月，租金按面積計算，農友可於任何時段內進出農田，按喜好種植各式各樣的有機植物。初接觸耕種之農友亦可在駐田農夫或相關同工的指導下一嘗農耕之樂。此外，「樂田原」亦會透過月刊與各農友分享耕種心得，見證「樂田原」、農友及瓜菜蔬果之成長。



透過農友的悉心打理及照料，各農田所栽種之農作物都茁壯成長。
The plots flourish with crops under our tenants' attentive care.

The Haven of Hope Organic Farm

has launched into full operation since late August, 2012, to provide our service users and staff with the opportunity to engage in organic farming. Located near the Po Lam Road South entrance of Haven of Hope Hospital, the farm spans over 6,000 square feet in area. We invite city dwellers to experience the joys of farming by growing organic fruits and vegetables. Through farming, participants can build their health while also nurturing their inner qualities and cultivating a green lifestyle. Farm plots are leased on a three-month basis, with rents determined by the plot area. Tenants can enjoy access to their plots at all hours and can grow all types of organic produce of their liking. First-time farmers can also benefit from the instruction of our resident farmers and staff. In addition, the Organic Farm will publish a monthly bulletin to share farming tips and to witness the collective growth of the farm, our "farmers", and the fruits of their hard work.

申請手續簡單，歡迎致電或電郵查詢報名：

電話：2703 3242 / 2703 8050

電郵：anthonyhsiu@hohcs.org.hk

**Please call 2703 3242/2703 8050
or email anthonyhsiu@hohcs.org.hk
to complete a simple application.**

靈實中大中醫教研中心 喬遷提供更多元化服務

愈來愈多市民在傳統西醫以外，選擇針灸、內服中藥等中醫診療服務，希望調理身體，改善體質。為提供更多元化的中醫服務。靈實中大中醫教研中心已喬遷至醫院新日間醫療大樓。新址除了繼續提供內科門診、針灸、配藥及煎藥等服務外，診所更計劃增設中醫推拿服務。在病人要求下，可提供中醫及西醫治療，配合現代化的設施及儀器，達至最佳的治療果效。



一眾嘉賓參觀教研中心新址內的設施和中醫藥儀器。
Guests visit the new CMCTR location to survey its facilities and equipments.

HOHCU-CMCTR has a new home and more diversified services

More and more people choose to augment Western medicine with acupuncture and herbal medicine to regulate their bodies and improve their physical conditions. To provide more diversified Traditional Chinese Medical (TCM) services, The Haven of Hope - The Chinese University of Hong Kong Chinese Medicine Centre for Training and Research (HOHCU-CMCTR) has moved to the Ambulatory Care Block of Tseung Kwan O Hospital. In this new location, they will continue to provide an internal-medicine outpatient service, acupuncture, Chinese Medical dispensary and brewing, and TCM massage therapy, a new service.

With their requests, our service users can undergo a fusion of Chinese and Western medical treatments with modern facilities and equipments to receive the best care.



使用賀年剪畫步驟：

- (1) 撕下本頁再沿垂直黑色虛線對摺，剪畫圖案朝面。
- (2) 再按黑色虛線沿圖案剪下多餘部份後即完成。

How to make the Chinese New Year banner:

- (1) Tear off this page, then fold it along the vertical black dashed lines with the picture face-up.
- (2) Cut along the black dashed line and discard the excess material.



耶穌用一個小孩子奉獻的五餅二魚餵飽五千人。

靈實與您一起

分享愛。分享生命



基督教
靈實協會
HAVEN
OF HOPE
CHRISTIAN SERVICE

尊重生命 • 改變生命 60 年

敬賀



車淑梅： 智障兒童 也可成材



「每一個孩子都有優點，你只要用放大鏡去看他們的長處，並用縮細鏡去看他們的短處，你便會發現你的孩子原來是如此的好。」車淑梅，電台界的一姐，一直以事業為重，去年開始退下火線。雖然如此，她仍然很忙，因為她分身不暇她的慈善事業。對於有缺憾的學生，她卻有一番獨特的體會，並曾數次幫助靈實恩光學校患有智障的學生。

有金牌司儀之稱的車淑梅，在人生數十年，做盡好事，因為她覺得這樣可以豐盛自己的生命。熱心慈善的她，曾為靈實恩光學校舉辦數次慈善義工服務，包括籌辦「忍者龜玩轉多里活」音樂劇，透過音樂劇喚起觀眾關注有缺陷的小孩子及舉辦Soha So Good愛心大行動，為恩光學校的智障兒童籌款。今年聖誕，她又主動聯絡餅店為靈實社區健康發展中心的小朋友送上聖誕禮物及曲奇餅。

所有活動均由車淑梅一手統籌、安排，她認為這是「用錢不能買」的快樂。「我十分敬佩智障兒童的父母，因為照顧這些小朋友並非易事。」她由衷的鼓勵各父母要

從積極的態度去照顧小朋友，並深信每一個人都有其恩賜，智障兒童也不例外，他們可以跑步比人更快，畫畫更漂亮，唱歌更悅耳。她認為，只要父母能夠用欣賞的眼光去看事情，每位小朋友都會是你心中的龍鳳。她舉例，很多父母都會挑剔小朋友寫字，說：「這個不好，那個不好，重寫！」其實，只要父母轉換另一個教導方法，結果會很不一樣。她建議父母可以找一個寫得好的例子，並稱讚小朋友說：「這個字寫得好好呀！」孩子得到稱讚，便會快樂，然後主動地把不完美的字重新去寫。父母說正面的話，對小朋友的成長十分重要，這亦是車淑梅的見證，她如何把小學時差點考包尾的子女變成美國費城賓夕法尼亞大學及麻省理工大學的畢業生。

其實，車淑梅的教育理念無不與其母親有關，她憶起初來香港時，不諳粵語，但最後卻成功成為金牌司儀。當中經歷多少的努力、辛酸，不言而喻，而身旁的母親卻一直在旁邊正面積極地鼓勵她。



車淑梅為恩光學校舉辦Soha So Good愛心大行動，為恩光學校的智障兒童籌款。

Candy Chea organises the *Soha so Good* campaign to raise funds for Sunnyside School's mentally impaired students.



車淑梅為恩光學校籌辦「忍者龜玩轉多里活」音樂劇，透過音樂劇喚起觀眾關注有缺陷的小孩子

Candy Chea organises the musical *Ninja Turtles in Tollywood* for Sunnyside School and appeals to the audience to be concerned about handicapped children.



Candy Chea:

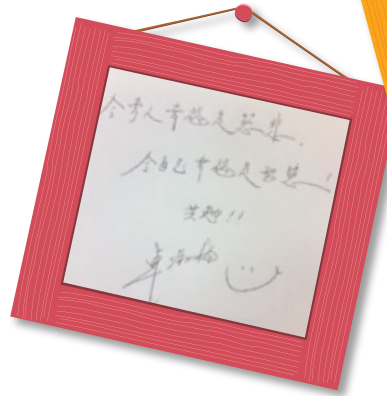
Mentally Impaired Children Also Contribute to Society

"Every child has their strengths. When you magnify their strengths and miniaturise their weaknesses, you will find the goodness within your children." The leading broadcaster Candy Chea was wholly focussed on her career until she stepped back from the front line. Nevertheless, she still keeps herself very busy as she continues her charity works. She has unique views concerning disabled students, and has helped the mentally impaired students at Haven of Hope Sunnyside School on several occasions.

Candy Chea, known as the "Golden MC", has carried out a lot of good works in the past decades, because she felt that it helps her life flourish. Among her volunteering work, she has run several events for Haven of Hope Sunnyside School, including the musical Ninja Turtles in Tollywood, aimed to raise awareness about children with special needs, and the Soha So Good campaign to raise funds for the students of Sunnyside School. This Christmas she has even arranged for bakeries to present Christmas presents and cookies to the children of Haven of Hope Community Health Development Centres.

Candy Chea organised and arranged all of these events at her own initiative, because they give her "a joy that money cannot buy". She said, "I greatly respect the parents of the mentally impaired children because it is not easy to care for them." She sincerely encourages every parent to take good care of their children and deeply believes that everybody has their own talents, including the mentally impaired children who can be better runners, painters and singers than others. She believes that if parents can only look at them appreciatively, every child can be successful of their hearts. "Many parents would criticise the handwriting of their child, saying, 'This is not good and that is not good. Rewrite them!' Yet the outcome would be very different if they instead teach in a positive way." Ms Chea suggests that parents could choose a particular good example from their child's work, and prompt the child to repeat it with praise. By doing so cheerfully and approvingly, the child would want to even improve the more poorly written ones. The parents' positive attitude is essential as their children mature, as Ms

兒子在中五時考獲第一名。
Ms Chea's son was first in his class
in Form 5 in Secondary School.



車淑梅以「令旁人幸福是慈悲，令自己幸福是智慧！共勉！」鼓勵《靈感》讀者。

Candy Chea's encouragement to readers of the Haven of Hope Newsletter, "Blessing others with happiness is an act of compassion; to bring oneself to be happy is wisdom".

Chea can herself testify. Her children was near the bottom of the class in primary school, yet went on to graduate from the University of Pennsylvania and Massachusetts Institute of Technology in the USA.

Candy Chea's philosophy for the education of her children is inspired by her mother. She remembered that when she first came to Hong Kong, she hardly spoke any Cantonese, yet with her mother's relentless support and encouragement, she found her way to become the "Golden MC" she is today.



學生欣然接受香港聖約翰救傷隊的免費牙科保健服務。(靈實恩光學校)

Students are happy to receive the free dental services from Hong Kong St. John Ambulance. (Haven of Hope Sunnyside School)



寧養院院友：「還未想到下一步嗎？」

寧養院義工：「這次真是棋逢敵手，難度很高呀！」(靈實寧養院)

Resident: "Still thinking about your next move?"

Volunteer: "I seem to have met my match this time. How am I going to get out of this one?" (Haven of Hope Holistic Care Centre)



宿舍生活——等我餵你吃呀！(靈實明德日間活動中心暨宿舍)

Life in the Hostel – Let me feed you! (Haven of Hope Ming Tak Day Activity Centre cum Hostel)



中秋佳節嫦娥、吳剛齊齊探訪院友，送上節日祝福，倍感溫暖。(靈實胡平頤養院)

While visiting the Haven of Hope during the Mid-Autumn Festival, the legendary figures Chang'e and Wu Gang bless the service users with a warm seasonal greeting. (Haven of Hope Woo Ping Care and Attention Home)



短宣隊隊員在柬埔寨與在垃圾山活動的小孩合照。(靈實福音事工部)

Members of the Cambodia mission trip team with local children playing at a waste dump. (Haven of Hope Evangelistic Work Department)



寧養院同工們為院友慶祝生日，送上摯誠祝福；看見院友笑逐顏開是同工們的最大鼓勵。(靈實寧養院)

The Holistic Care Centre staff greet and bless the residents at their birthday celebration. Our colleagues are greatly encouraged by the happy smiles of the residents. (Haven of Hope Holistic Care Centre)



一家人齊齊整整地影張溫馨合照，不就是慶祝中秋的最佳禮物嗎？(靈實恩光學校)

The best present for Mid-Autumn Festival: a warm family portrait with everybody. (Haven of Hope Sunnyside School)



小朋友在暑假期間參加景林中心舉辦的「故事夢工場」小手工活動，他們高興地展示親手製成的作品。(靈實景林社區健康發展中心)

Children participating in the "Dream Factory" art and crafts workshop, run by the Bradbury King Lam Community Health Development Centre during the summer holiday, cheerfully show off their handiwork. (Haven of Hope Bradbury King Lam Community Health Development Centre)

生命更新變化

江佩英

「西貢健康安全城市」統籌辦事處服務助理



在靈實工作超過10年，Sunflower常常懷著喜樂的心去感染身邊的人。
During her career at the Haven of Hope which spanned over a decade,
Sunflower never ceased to influence others with her joyous heart.

能夠加入靈實這個大家庭，實在經歷很多神的恩典，而我的生命也因此更新而變化。

回想我的人生，婚後我便成了一名家庭主婦，十多年來沒有任何工作經驗。在神的恩典下，令我能認識祂，並在婦女中心及健康城市當義工，及於2001年加入靈實工作。還記得第一天上班，我首項工作就是要預備一封英文信件，但當時的我不諳英文及打字，心裡非常擔憂。當時，我心裡只能呼叫：「耶穌，耶穌救我呀！」神的恩典的確夠我用，祂使我順利完成這封信件。然而，最令我感動的是我能經歷神的大能，原來，上帝竟看顧一個微小的家庭主婦。

2003年是靈實創立50周年，我第一次參加由福音事工部舉辦的短宣「陝西尋根之旅」，尋找司務道教士的足跡。旅途中我深深體會到司教士引述聖經所說：「一粒麥子不落在地裡死了，仍舊是一粒，若是死了，就結出許多子粒來。」（約12:24）因為司教士甘願放下身段、懷有愛人的心、對神有信心及對福音有熱誠，令更多人的生命因此得到祝福。司教士的完全奉獻，也激勵了我，讓我這個平平無奇的家庭主婦也能成為別人的祝福。

雖然靈實是一間基督教機構，但身邊仍有很多還未認識神的同工。當他們遇到困難、壓力時也只會孤身、無力地一個人去面對。我問自己：「我可以為這班未得救的

靈魂做甚麼？」起初，我認為工作只是工作，信仰只是信仰，但當我在工作上經歷神的大能，及受司教士憐憫人、愛人的心所影響，我的生命也起了變化。我會為他們禱告，我會關心問候他們，我會以神的說話激勵他們，我也會邀請未得救的同工參加福音聚會。我盼望把信仰活在我的工作中，讓更多生命得到祝福，也實踐靈實的核心精神：「愛心關懷，傳揚福音」。

今天，我不再是一個普通的家庭主婦，我的生命已經起了變化，是一個傳福音的使者。



2003年短宣陝西尋根之旅：到訪司教士昔日聚會的禮拜堂。
Visiting the chapel Sister Annie once served at during the Haven of Hope's root-seeking trip to Shaanxi, China in 2003.

A Life Renewed and Transformed

Sunflower Kong

Service Assistant, "Sai Kung Healthy & Safe City" Project Office



Being part of the big Haven of Hope Christian Services family has been the source of many blessings in my life. It has also brought renewal and transformation.

After I got married, I became a housewife. I had no formal work experience for ten years. In God's grace, I came to know Him, and I began volunteering at a women's center and at "Sai Kung Healthy & Safe City" Project Office. In 2001, I took up a position with the Haven of Hope. On my first day of work, one of the first tasks I was given was to prepare a letter in English. My English was limited and I did not know how to type, and that made me extremely anxious. I cried out in my heart, "Lord Jesus, help me!" God's grace is indeed sufficient: I managed to type up the letter. It moved me tremendously to realise that I, too, was able to experience God's mighty power—a lowly housewife like me does not escape God's watchful care!

Year 2003 was the Haven of Hope's 50th founding anniversary. I joined the mission trip organised by the Evangelistic Work Department to retrace the steps of Sister Annie in Shaanxi. During the trip, these words of Jesus that Sister Annie often quoted came alive to me: "Unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds." (John 12:24) Sister Annie gave up her life of privilege. With her loving heart, her faith in God and her passion for sharing the Gospel, she blessed the lives of many. The way she gave herself entirely to service inspired me—an ordinary housewife—to also bless those around me.

Although Haven of Hope is a Christian organisation, there are many staff who have not accepted Christ into

their lives. They face life's difficulties and stress alone and unaided. It prompted me to ask myself, "What can I do for these unsaved souls?" At first I saw my work and faith as unrelated, but as I experienced God's power in my work and was moved by Sister Annie's compassionate and loving heart, my life began to transform. I began to pray for my coworkers. I would ask them how they were doing and encourage them with God's word. I invited non-believing coworkers to Gospel meetings. Now, I hope to live out my faith through my work. I hope to bless many more and live out our organisation's core mission "to love and care, and to share the good news."

My life has experienced a transformation. Today, I am not just an ordinary housewife, but an ambassador of the Gospel of Jesus Christ.

於中國惠東短宣時獻詩。
Sunflower as part of the
choir on the mission
trip team to Huidong,
Guangdong, China.



中風後 康復治療



嚴偉能

資深物理治療師／靈實寧養院復康部主管

於2003至2011年間，中風為香港的第四位殺手。根據醫院管理局的統計，在2010/2011年度中風的發病率超過二萬三千宗。中風是最顯著的慢性致殘疾病之一，對患者和家人帶來嚴重的生理、認知和心理影響。患者康復的程度取決於許多因素，視乎中風對大腦造成損害程度。醫生、護士、職業治療師和物理治療師積極參與患者的中風康復治療和康復計劃，有助於提高患者自理能力、活動能力和獨立能力。中風對患者的活動、感覺、知覺、平衡、協調、認知功能、吞嚥功能和行動帶來嚴重的影響。通過以下物理治療和職業治療可以幫助患者重新獲得這些能力，防止併發症引起的功能障礙：

- 平衡與活動能力訓練
- 轉移與臥床活動能力訓練
- 思想認知能力訓練
- 感觀及感知訓練
- 減少肌肉痙攣，疼痛和關節僵硬
- 肢體控制訓練
- 口肌及吞嚥訓練
- 自理能力訓練
- 家居環境評估及改善建議
- 預防跌倒
- 照顧者照顧技巧訓練

中風病人的康復計劃應在病發後盡快開始，才可有效恢復病人的活動能力和自理能力。康復期可以很漫長及會持續數年，而在第一年內會有最顯著的進步。物理治療師與職業治療師會緊密合作，訓練中風病人基本活動技能，讓他們重拾活動能力，將來重返回家中，並確保他們能夠安全地於家裡生活。最終目標是讓康復者盡量能夠活動自如，過健康及獨立的生活。

Recovering Treatment for Stroke

Daniel, Yam Wai Nang,

Advanced Practitioner (Physiotherapist)/Rehabilitation Centre in-charge
Haven of Hope Holistic Care Centre

According to the statistics from the Hospital Authority, over twenty three thousand people suffered a stroke during 2010 and 2011, and it was the fourth most common cause of death in Hong Kong between 2003 and 2011. It is one of the most significant chronic and disabling illnesses among the adult population, and leads to severe physical, cognitive and psychosocial impairments for the patients and many challenges for their families. How well the patient can recover depends on many factors, the most important being the severity of the brain-damage caused by the stroke. Rehabilitation should involve a multi-disciplinary team including doctors, nurses, occupational therapists and physiotherapists, and a successful rehabilitation programme can help to improve the patient's daily life, mobility and physical independence. Having a stroke can have a serious impact on movement, sensation, perception, balance, co-ordination, cognitive function, the ability to swallow and mobility. Physiotherapy and occupational therapy is used to help patients to regain as many of these abilities as possible while preventing complications induced by the dysfunction. A full programme involves:

- Balance and mobility training
- Transfer and bed mobility training
- Cognitive training
- Sensory and Perception training
- Reducing muscle spasms, pain and stiffness
- Limbs and trunk control training
- Oromotor and Swallowing/Feeding training
- Daily life training
- Home modification
- Fall prevention
- Carer training

Physiotherapists work closely with occupational therapists to teach the stroke patients the skills they will need when they return home and to ensure that they will be able to move around their home safely.

Post-stroke care always requires a lengthy rehabilitation period, which could last for years, although the most significant improvement occurs during the first year. If the stroke survivors are to enjoy the best possible quality of life, a stroke rehabilitation programme should be started as soon as possible and continued after discharge from hospital. The ultimate goal of the programme is to enable the patients, despite their physical disabilities, to live healthy, independent and normal lives.

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