

靈感 HAVEN OF HOPE NEWS

87
JAN 2015

專題
THEME

專業義工成社福界新動力

Professional volunteer work
injects new momentum in today's NGO industry

永不言退 • 將愛延續

Keep Loving • Keep Working

專訪老人科專科醫生

Interview with geriatrician

關懷晚期病人全人生命晚期照顧

Holistic Care Service

Provide quality holistic end of life care



尊重生命 • 改變生命

行政總裁的話 Words from the CEO

親愛的靈實支持者：

新年伊始，我衷心祝福大家靈果纍纍，主恩滿載！不知新的一年，大家有沒有訂立新的目標，務求在生命各方面都有長進，活得更豐盛呢？

近年，社會流行討論「專業義工」，意即一群專業人員，無私地奉獻自己的時間，運用專業知識及技能，服務社群。有些專業義工會利用工餘時間做義工，有些甚至放棄自己原有的工作，全心全意且無償地幫助弱勢社群，較為人熟悉的有無國界醫生。誠然，專業義工在外國很早已出現。美國現時有超過72,000個已登記的專業學會，為會員提供服務，包括課程、行業資訊及專業註冊等。這些學會的董事會成員均是由會員義務擔任，一起運用各人的專長，促進學會的發展。

義工服務不斷發展，是成熟公民社會完美的體現。在這潮流下，靈實有幸得到企業和社會上各知名人士鼎力支持，利用他們的專業，幫助我們的服務使用者建立自己，且為靈實籌募善款，使我們可以服侍更多物質及心靈貧窮的人。今期靈感，我們專訪了大新珠寶集團的董事長施清咸先生及前香港足球先生山度士先生，分享他們作為專業義工的理念和心得。

現代都市人忙碌，工作佔據了生活大部份時間，我相信大家在新一年早已經訂下各項工作計劃，力求在自己的專業上臻善臻美。然而，大家有沒有想過在新一年運用自己的專業技能，從事一些義務工作呢？我邀請大家快快在2015年計劃表上記下「專業義工服務」這一項，成為你今年的新目標，藉此與我們一同「尊重生命，改變生命」！

林正財醫生

Dear Haven of Hope Supporters,

Happy New Year! I wish you a fruitful and blessed year ahead! Have you come up with any new personal goals to grow stronger in various different aspects in the new year?

In recent days, "professional volunteer work" has become the talk of the town. By professional volunteers, we mean a group of professionals sacrificing their spare time, utilising their professional knowledge and skills to serve the community. Some of them would even give up their jobs and devote themselves wholeheartedly to help the disadvantaged and marginal without any monetary return. Amongst all, we may be more familiar with Médecins Sans Frontières (MSF) International. As a matter of fact, professional volunteers emerged much earlier overseas. In the United States, there are over 72,000 registered professional associations serving their members in ways such as the provision of training courses, updated trade information and professional qualification registration, etc. The Board of Directors of these associations are composed of their members serving on honorary basis. Each of them exerts his/her expertise and collaboratively promotes the development of the associations.

A mature civic society is characterized by the continuous development of volunteer work. Haven of Hope is fortunate enough to catch up with this momentum and garner support from various corporations and celebrities who thrive on professionally serving our service users through the engagement in a wide spectrum of fundraising activities. Their avid support allows us to provide for our vulnerable users, materialistically and spiritually. In this issue, we have interviewed two of our professional volunteers: Mr. Terence Shih Ching Hsien, the Chairman of Dai Sun Jewellery Company Limited and Mr. Leslie George Santos, our former Hong Kong footballer. They each shared their experience and insights in professional volunteering.

In the hustle and bustle of city life, work occupies most of our time, if not all. I am sure you must have already set out the work plan for a new year, and will endeavour your utmost to excel in your career. Nevertheless, have you ever thought of optimizing your professional skills in something far more meaningful and rewarding, say volunteer work in the upcoming year? May I invite you to include the routine of "professional volunteer work" to your 2015 planner, and make it your new target to achieve this year? Let us embrace the mission: "Respecting Life • Impacting Life" together.



Dr. Lam Ching-choi
Chief Executive Officer



CONTENTS

主題：專業義工成社福界新動力
Theme : The new form of energy in NGO 4 - 7

新春心意與智障長者度佳歲
Donation of lai see for rehabilitation services 8 - 9

專題：為何要看老人科？
Feature: Why geriatrics? 10 - 11

改變生命的故事：彼此祝福
Impacting life story: Blessing one another 12 - 13

尊重生命blog
Respecting life blog 14 - 15

您的支持帶來改變
You can change the world 16 - 17

最新消息
What's new 18 - 19

健康知多少
Health tips 20 - 21

給捐贈者的話
Message to donor 22

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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 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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專業義工成社福界新動力

永不言退，將愛延續

提起義工服務，很多時會想到社會上機構或不同階層人士不計報酬及所付出的時間為社會有需要的人士服務。但這種「傳統方式」已經改變，近年在義工界內興起了一股「新勢力」，愈來愈多專業人士參與義工服務，他們利用自己專業技能及知識貢獻社會，而且這類義工服務亦不限於專業人士與社福機構，甚至拓展至專業機構與社福機構之間。今期靈感，我們特意邀請了兩位專業人士 - 大新珠寶集團董事長施清咸先生及前香港足球先生山度士先生分享他們如何利用自己專業技能回饋社會。

說起跟靈實的合作，大新珠寶集團董事長施清咸坦然源自一次偶然：「以往無想過跟社福機構合作，後來偶然看到基督教靈實協會的口號『尊重生命·改變生命』，並很認同這個理念，於是決定跟靈實合作。」

施先生的父母已年屆七十多、八十歲，閒來會學樂器，享受優哉悠哉的退休生活，施先生深明並非每個長者都可以像他父母一樣享受子女供養的幸福：「社會上太多長者『老無所依』，他們很容易被社會忽略，因此我很希望盡自己一分力量幫助他們。」

大新珠寶集團董事長
施清咸先生

他更想到利用自己專業幫助有需要的人。「一般義工服務例如捐款或義工服務都是較短暫或者是一次性，我一直在想，如何以長期形式幫助有需要的人呢？後來決定以自己專業為藍本，專業設計師特別設計鑽飾進行慈善義賣，收益撥捐慈善機構，這樣做就可以把短期義務工作變為長期捐助。」施先生說。

近年，社會上愈來愈多專業人士利用專業知識和技能回饋社會，例如醫生為貧困人士義診、建築師為社福機構設計園圃等。施先生說：「專業義工服務已成為社會的新趨勢，專業人士一般收入豐厚、又擁有專業知識和技能，能夠回饋社會實在是一件相德益彰的美事。而且專業人士一般有不少人際網絡，要號召慈善活動也會較一般人容易。」

施先生期望，能夠透過今次參予慈善義賣，喚起同業的關注，啟發同事支持及發起更多專業義工服務，為社會出一分力。

The new form of energy in NGO - Professional volunteers

Keep Loving, Keep Working

Talking about volunteer work, one may easily correlate people from all walks of life in community devoting their time and efforts to serving the needy without expecting any return. Nevertheless, this traditional practice has changed. More and more professionals have tried to contribute their expertise and knowledge to the community. In addition, volunteer service is not just confined to professionals and the social welfare organizations, but extends to a form of collaboration between professional bodies and welfare organizations. We interviewed two professionals in this issue - Mr. Terence Shih Ching Hsien Chairman of Dai Sun Jewellery Company Limited (DSJ) and Mr. Leslie George Santos, a former HK footballer of the year. They will share how they make use of their expert knowledge to pay back to society.

Mr. Terence Shih Ching Hsien, Chairman of DSJ, attributed the recent collaboration with Haven of Hope Christian Service (HOHCS) to an incident. "I once saw HOHCS's service motto '*Respecting Life • Impacting Life*' and appreciate it a great deal. Because of this, here comes this cooperative initiative."

Mr. Shih's parents are in their seventies or eighties. After retirement, they spend lots of time playing musical instruments, their favourite pastime. However, Mr. Shih admitted that not every elder is as fortunate as his parents whom are well supported by their children; and he further added, "There are many elders who are helpless and left neglected in our society. I'd try my best to help them."

He even anticipates helping them with his expertise. Mr Shih pointed out, "In general, volunteer work, such as giving donations or volunteering is rather one-off or short-term. I brooded over how to help the needy on a more long-run basis. Later, I decided to use my expertise as a stronghold, and seek an opportunity to join hands with some charity organizations. I then come up with an idea to have our professional designer to design the diamond pendant for charity sale. The proceeds can finance the philanthropy work. This also extends the short-term volunteer work to a long-term fundraising drive."

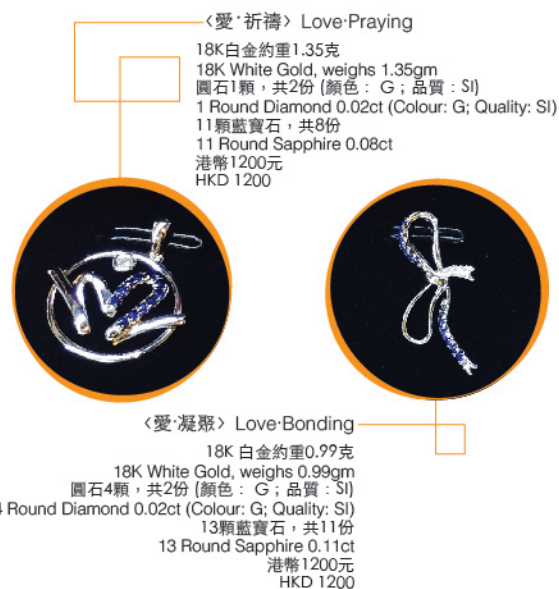
In recent years, more and more professionals tend to contribute and serve the community with their professional knowledge and expertise; such as a



Mr. Terence Shih Ching Hsien,
Chairman of DSJ

physician helps in a clinic for the poor; or an architect designs a garden for a charity agency. Mr. Shih continued, "Professional volunteering has become popular. Gifted with a high earning power and professional expertise, it is really a win-win scenario if they are willing to contribute themselves to the community. Moreover, they also possess a stronger social network that renders a better accessibility to motivate others to play a part in volunteer services."

Mr. Shih anticipates that this initiative will conduce to a raft of charity sales. More colleagues or fellow trade partners will be motivated to utilise their expertise to give and serve the community by all means.



「社會上實在太多人需要我們伸出援手，如果能夠分配到時間，我就算賺少些也要幫助他們。」前香港足球先生山度士說。九年前開始每月免費向靈實創毅中心智障學員教授足球技巧，讓智障人士也可追求足球夢。

自小熱愛幫助人的山度士成為足球員後，在一次偶然機會下跟智障人士一起踢足球，之後便萌起教智障人士足球技巧的念頭。他在退役後成立足球學校，便決意利用自己技能去幫助有需要的人。

「我們年少時未必有能力幫人，加上經常要操練，根本難抽時間付諸實行，現在自己有能力，又有專業技能，所以很希望可以幫助他們。」山度士說。

經過多年的相處，山度士已跟智障學員建立起一份深厚友情，視他如家人一樣，甚至會跟他談心事、講秘密。山度士偶爾又會跟學員一起到大球場看球賽，或者送球衣給他們。除了每月教他們足球技巧外，有時也會帶工作上的合作夥伴探訪智障學員，讓學員可多接觸社會上不同人士，達至共融效果。「有些智障人士未必願意接觸人，但足球班就可以讓他們透過學習踢足球，接觸更多人。」山度士說。

除了智障人士、獨居長者、低收入家庭，山度士也很樂意一一幫忙。「透過做義工，自己也能學到很多日常生活未必學到的事情，例如推輪椅技巧、如何跟失明人士相處等，幫到別人之餘，自己也有很多得著。」他滿足地說。

本身擁有一個幸福家庭、育有兩名女兒的山度士也希望訓練她們要懂得珍惜和幫助別人。「我經常跟女兒說要懂得珍惜及分享，久而久之，女兒們在公共交通工具見到長者會自動自覺讓座、又會幫他們推門和樂意跟別人分享糖果等。」山度士希望這種美德可以傳承下去。



前香港足球先生
山度士先生

"There are so many people in need. If time allows, I am willing to help them even if I have earned less." said Mr. Leslie George Santos, the ex-HK Footballer of the Year. He started giving free soccer coaching to the mentally disabled clients of Haven of Hope Integrated Vocational Rehabilitation Services Centre nine years ago so that the mentally disabled can realize their dreams in soccer as well.

Santos is a cheerful giver since his childhood. Years ago, after playing football with the mentally disabled, an idea of coaching them popped up in his mind. So, having rounded off his career in football, he founded a soccer training school. He is determined to help the vulnerable with his skills.

Mr. Leslie
George Santos
the ex-HK Footballer
of the Year

Santos expressed, "When we were younger, we might have little to give; and also our training schedule was pretty hectic, so doing volunteer service was utterly out of thought. But now, I have the capability and expertise, I do hope to help them."

He has established deep friendship with the mentally disabled service users and treats them like his family. Sometimes, they even exchange the innermost feelings or little secrets. At times, he takes the students to the stadium to watch the football matches or gives them soccer shirt as gift. In addition to coaching them soccer skills, he will also invite his working partners to pay visits to the mentally disabled at the service centre. In this way, they are able to keep in touch with people from all walks of life. Social inclusion can thus be fostered. He further explains, "People with mental disabilities may hesitate to engage with others, but the football classes provide them a chance to reach out."

Santos is a joyful giver who cares not merely the mentally disabled, but also the elderly singles and low-income families. He said contentedly, "We also learn something beyond our daily life such as the skills of using wheelchair, how to get along with the blind, etc. In fact, I receive a lot more by giving!"

Santos has a lovely family with two daughters. Deep down, he hopes that his children will cherish what is given and learn to help those who are less fortunate. Santos elaborated, "I always teach them to cherish and share. As time goes by, they learn bit by bit. I see they voluntarily offer their seats to the elders in public transportation; push the doors for them and share their candies with others." He hopes that he can pass on this virtue from generation to generation.



新春心意與智障長者度佳歲

老年化在香港是一個不爭的事實：2014年最新的統計數字顯示，香港人口正急速老化，老人人口比例由1982年的6.8%，升至2014年的15.5%，預計2031年將升至28%。

智障人士同樣面對老年化的問題。很多智障人士本身都患有一種或多種先天性疾病，而隨著年齡增長，智障人士比一般長者更容易患上心臟病或骨質疏鬆等。此外，由於他們難以控制自己的情緒，當護理人員嘗試替智障人士抽血或牙齒保健時，他們都會拒絕合作，院舍因此要安排足夠人手訓練及照顧他們，然而，院舍的資源實在有限……

很多時，在街上看見拾紙皮箱的老婆婆，我們都會動憐憫惻隱之心，但其實社會上有更多隱形的智障長者，每天都面對各種身體頑疾，掙扎求存。試想想，其實智障長者一旦牙齒鬆脫，同樣需要資助才能植入假牙，只要你把20封新年利是捐獻出來，就可以幫助一位智障長者植入一隻假牙，改善他們的生活所需。

一起行動，給智障長者一份尊重，共同改變他們的生命吧！



A thought in Spring Time - enjoy the festival with the mentally disabled elders

Ageing population is an indisputable fact in Hong Kong: according to the latest census in 2014, our population is rapidly ageing, the proportion of the aged population increased tremendously from 6.8% in 1982 to 15.5% in 2014. It is expected that in 2031, the percentage will further increase to 28%. The disabled persons are also facing the same problem. Many of them are already suffering from one or more congenital diseases, as they age, they are more likely to suffer from heart disease, osteoporosis, etc. than normal people. In addition, feeling difficult to manage their emotions, they may refuse to cooperate with the health care staff during blood taking or dental care.

Therefore, the residential home may need extra manpower to train or take care of them. But the reality is that resources of those residential home are rather scarce ...

Very often, we are compassionate when seeing an old lady picking up the waste cartons on street. As a matter of fact, there are many more seemingly invisible mentally disabled elders who are struggling with a range of physical ailment everyday. Think this: a mentally disabled elder has loose teeth, he/she may also need money to implant dentures. Just by donating 20 New Year red packets, you can help a mentally disabled elderly to implant a prosthesis; tremendously improving their daily lives. Action now: give the deserved respect to the mentally disabled elder and impact their lives together!



為何要看老人科？

醫學上的專科一般以人體器官分科，如腸胃科、心臟科、耳鼻喉科等，但兩個專科則以年齡層分類，即兒科及老人科。兒科相對老人科較為人知，相信是因為現今的父母都視子女如珠如寶，一有任何身體毛病，他們都盡快帶年幼的子女到兒科專科醫生求診。然而，長者如有身體不適，一般都只會看普通科醫生，較嚴重者才可能要求轉介至專科醫生。究竟老人專科在長者的治療中扮演甚麼角色呢？倘若家中的長者不慎跌倒的話，長者應該看骨科醫生，還是看老人科醫生？今期的靈感專題會為你一一解答。

老人專科起源於英國，香港於1975年先在瑪嘉烈醫院設立老人專科，當時是全亞洲首個地區設立老人科的服務。本港現時老人科服務包括：二十二間設有老人科的公立醫院，以及十六間老人日間醫院及專科門診。

老人科是一個跨專科的服務，團隊包括老人科醫生、護士、社工、物理治療師、職業治療師、言語治療師、營養師及足病診療師等，為病人治療心理及生理的疾病，並提供社區支援，全面照顧長者的需要。長者比其他年齡組更需要全人治療，因為他們的病徵通常不太明顯，而且身體對病徵的反應也較複雜，由老人科專科醫生擔當長者第一個接觸者，透過跨界別的專科醫生協作，並與其他專業治療人員共同制訂治療方案，全面照顧長者。

近年，香港老年化的趨勢加劇，大部份的長者都會依賴公營醫療系統提供服務，可是等候時間相對較長。靈實遂於2013年成立銅鑼灣醫療中心，中心轄下的靈實誌寶專科診所設老人科、眼科、骨科、精神科等專科醫生駐診，在公營醫療系統外為有需要的長者提供另一個選擇。長者如有身體不適，可先與診所的老人專科醫生會面，接受全面的醫療諮詢。當了解長者的病症或個別照顧問題後，如有需要，老人科醫生可針對其問題直接轉介至其他專科醫生，獲得方便快捷的一站式服務。

靈實誌寶專科診所老人科駐診醫生區仕仁醫生認為老人科能全面地醫治長者的病患。他舉了一個例子：「假如一位長者不小心跌倒骨折，他直接向骨科醫生求診，骨科醫生可能會建議為他進行手術，而老人科醫生更著重替他進行跌倒評估，了解他跌倒的原因，是否涉及內在或外在因素，與環境因素，還是與其他身體問題有關，老人科醫生更為與長者及其家人一同訂立治療目標，改善跌倒問題。」

區醫生認為老人專科長遠在香港的發展空間很大。在2013年，香港政府提出「居家安老」(Ageing in Place)的政策概念，透過加強社區安老配套，如增設更多長者日間中心、推出「長者社區照顧服務券試驗計劃」等，鼓勵長者繼續與家人共住，接受家居護理復康服務，減少長者因入住院舍而產生的適應問題，而長者留在家中安老也令家人可貼心照顧。銅鑼灣醫療中心更是在基層醫療的層面進一步配合政府的安老政策，照顧長者的需要。

從事老人專科醫生超過30年，區醫生認為得服侍長者最重要的是「愛心」。雖然有些長者可能表達能力弱，有些甚至因身體有殘疾(如眼疾、耳聾)而未能闡述其病患，但因著愛心和一份尊重，區醫生診症多年曾看見大部份長者一步一步康復。「每次看見長者康復，我都份外感觸，因為兒童和成年人身體機能好，一般較容易康復，然而，長者隨著年齡漸長，大多只會繼續衰退下去，所以他們康復是十分奇妙和美好的事。」

未來，靈實會繼續回應時代的需要，以積極創新的態度，發展多元化的長者服務，活現「尊重生命・改變生命」的精神。歡迎大家參觀靈實銅鑼灣醫療中心，請致電2632 5598 預約。

Why Geriatrics?

In general, medical specialties are classified according to human organs such as gastroenterology, cardiology, ENT, etc. However, two of them: pediatrics and geriatrics are categorized by patients' age range. In comparison, pediatrics seems to be more widely known. This may be attributed to the norm today that children are pearl to their parents. When kids are ill, a pediatrician will be visited as soon as possible. However, when the aged are ill, normally they will consult a general practitioner. Perhaps only for a severe case, will they be referred to a specialist. After all, what is the role of a geriatrician in healing an aged patient? Say, if an elderly falls accidentally at home because of slipping, to whom he should turn: an orthopedist or a geriatrist? We will try to explain in details here.

Originated from the United Kingdom, geriatrics was introduced to Princess Margaret Hospital Hong Kong in 1975. It was the first practice all over Asia then. Up to now, geriatrics services in Hong Kong are offered altogether in 22 public hospitals and 16 day care hospitals as well as specialist clinics.

Geriatrics is a multi-disciplinary medical services that manned by the geriatrician, nurses, social workers, physiologists, occupational therapists, speech therapists, dieticians and podiatrists and others. The team jointly provides a holistic elderly care support to the aged. In fact, an elderly needs such a service more than their counterparts in any other age groups because very often their symptoms are less obvious and their physical conditions are more complicated. If a geriatrician is their first contact point, a better treatment plan can be devised through a trans-disciplinary collaboration of the medical specialists and other health care professionals.

In the recent years, Hong Kong faces an intensified ageing problem. In this token, the Haven of Hope set up a medical centre in Causeway Bay in 2013 where Haven of Hope Chi Po Specialist Clinic is located. The centre offers the specialist services such as geriatrics, ophthalmology, orthopedics, psychiatry and others which gives the aged an alternative apart from the public healthcare system. In case an elderly feels ill, first, he can get access to a geriatrician at the clinic for a comprehensive consultation. Upon diagnosis or individual case follow-up, the geriatrician may directly refer the case to physicians of other disciplines within the Haven of Hope, thus rendering an efficient and convenient one-stop medical care service.

Dr Alfred Au, geriatrician of Haven of Hope Chi Po Specialist Clinic, deems that geriatrics does offer a more comprehensive medical treatment for the aged. He cited an instance: If an aged has a bone fracture because he falls down accidentally, he may directly turn to an orthopedic surgeon who may recommend him to undertake a surgery. However, as a geriatrician, besides referring the patient to an orthopedic surgeon, will strongly advise him to take a fall-risk assessment as well, and then try to identify the reasons for the fall: should it be related to environment, or his own physical problems. Then he will set an objective for a contingency treatment with the patient and his family members to reduce the fall risk.

Dr Au thinks that there is abundant room for a long-term development in the field of geriatrics in Hong Kong. Subsequent to the government's initiative of "Ageing in Place" in 2013, more emphasis is laid on strengthening the community support for the elderly, such as the establishment of more elderly day care centres, the introduction of "Community Care Service Voucher for the Elderly (Pilot Scheme)" and encouraging the elderly to continue to live with their families while in parallel receiving the home care rehabilitation services. This concept on one hand can avoid the uneasiness in adaptation when moving into an elderly residential home. On the other hand, home stay will enable the family members to give a hearty care. To echo government's policy, Haven of Hope Causeway Bay Medical Centre itself is oriented to the needs of the aged.

As a veteran geriatrician in his profession for over 30 years, Dr. Au believes that after all "love" is the essence in elderly services. Notwithstanding that some aged are handicapped by their physical impairment, like vision problems or deafness, or inability in self-expression and failure to elaborate their illnesses; love and a little bit of respect does help. In the past years, Dr. Au witnessed many elderly recover step by step. He continued, "I'm really touched by each of their recovery. A child or an adult is deemed to recover more easily. Yet, as people age, so do their physical bodies. Not to mention many of them will wane. That explains why it's so marvelous to see them recover."

In future, being needs-sensitive, Haven of Hope strives to offer more diverse elderly services from a proactive and innovative perspective; and to realize our vision: "Respecting Life • Impacting Life". Visit our Causeway Bay Medical Centre and make appointment with us at 2632 5598.



「彼此祝福」

受助院友與女兒一起分享參與
「院舍長者寧養病床補助計劃」的感受



常言道：「分享的快樂是加倍的快樂」，這句話真不錯。

幾個月前，我有機會與「院舍長者寧養病床補助計劃」的善長會面，分享計劃的成果，其中有位受助院友及女兒也一同出席分享。該受助院友雖然面對晚期癌症，但仍存感恩的心，數算神的恩典。女兒亦見證媽媽入住寧養院後的改變，不但負面情緒減少了，更會主動關心別人，對神的信心堅固，內心充滿平安。善長們見證生命的轉化均深受感動，得著鼓舞。是次的會面，透過捐助者和院友及家屬生命上的互動與交流，彼此建立和祝福，場面溫馨感人，深深體會聖經所說：「我們愛，因為神先愛我們」（約翰壹書四19）。

香港人口急劇老化，體弱長者或晚晴院友的需要日增。但現時在院舍居住的長者在身體狀況轉差時，均被送往公立醫院急症室，接受急救及一般治理。大部分因病床不足而提早出院，長者未能獲得適切的復康護理，很快又再進入急症病房。體弱長者就像「人球」，在院舍及醫院之間進進出出，是謂「旋轉門症候群」（Revolving Door Syndrome），這種情況在香港實在十分普遍。有見及此，我們於2013年7月推行「院舍長者寧養病床補助計劃」，為基督教靈實協會轄下院舍（包括護養院、胡平頤養院、司務道護養院）與及靈實

醫院紓緩治療部和療養部的晚期院友提供援助，藉此幫助那些非綜援人士，但又未能完全負擔寧養院住院費用的病人及家屬。受助院友維持每月支付原先所住院舍的費用，其餘開支由 S C Liang Charitable Trust 補助。此計劃原定只提供一張病床，但感謝神豐富的恩典及善長熱心的捐獻，已有兩位院友得到幫助。

靈實司務道寧養院是一所自負盈虧的院舍，沒有政府資助。過去曾有不少有需要的病人及家屬因經濟問題而卻步，這一直是我心中的一個遺憾。感謝神讓我們透過不同的資助計劃，讓更多有需要的晚期病人及家屬，得到優質的全人生命晚期照顧；亦讓寧養院成為人與神相遇的地方，成為幫助者與受助者彼此祝福的橋樑。我們期望此補助計劃在新一個財政年度能增加更多病床，受惠對象能延伸至其他院舍，誠邀你們在禱告及捐獻上支持，一起「用愛擁抱晚晴」！

「神能照着運行在我們心裡的大力，充充足足的成就一切超過我們的所求所想的」（以弗所書三20）

作者：靈實司務道寧養院梁智達院長

Author: Dr. Antony Leung

Medical Superintendent of Haven of Hope Sister
Annie Skau Holistic Care Centre (SASHCC)

Blessing one another

The proverb quoted: "Shared joy is a double joy" really speaks well.

A few months ago, I got an opportunity to meet the patrons of the "Subsidized Hospice Care Bed Programme for Residents in HOHCS Elderly Homes" and shared the fruits of the programme. One of the beneficiary patients attended the sharing with her daughter. Notwithstanding that she was a terminal cancer patient, she thankfully counted her blessings from God. Her daughter also witnessed her mother's change after staying at SASHCC. Not only did her negative emotions diminish, she even took the initiative to care others. She was filled with inner peace and multiplied her faith in God. During the sharing, all of us were deeply moved by her life transformation. Such a chance of interaction amongst donors, patients and their families did inspire, empower, and bless one another. What a heartwarming moment! We also fully experienced what was written in 1 John 4:19: *"We love because He first loved us."*

With the intensifying ageing problem in Hong Kong, there is an increasing demand for the elderly care services or holistic end-of-life care. However, many frail elders living in nursing homes now will be routinely sent to Accident & Emergency (A&E) department in public hospitals for treatment. Due to insufficient beds, they are likely to be discharged soon after receiving some treatment. But many of them are deprived of adequate rehabilitation care and thus lead to frequent A&E visits. We call this "Revolving Door Syndrome", as the weak elders are passed from one place to another and being dashed in-and-out between the nursing homes and hospitals. The phenomenon is so prevalent in Hong Kong. In



light of this, the "Hospice beds in Elderly Homes Assistance Programme" (SHC) was launched in July 2013 to offer subsidies to the patients who are non-CSSA recipients but unable to afford the full home fee of SASHCC. The beneficiary will continue to pay their original monthly home fee; and the balance will be supported by the S C Liang Charitable Trust. The programme is open to all residents of homes under Haven of Hope Christian Service, including Nursing Home, Woo Ping Care & Attention Home, and Sister Annie Skau Nursing Home, as well as the end-of-life patients of the Palliative Care Unit and Infirmary Unit of Haven of Hope Hospital. We praise the Lord for His abundant grace. This initiative originally aims to provide one charity bed. Thanks to our generous donors, now we have secured funding for two beds.

Haven of Hope Sister Annie Skau Holistic Care Centre (SASHCC) is operated on a self-financing model without any government funding. We fret about cases in the past that many needy patients and their families had been turned down simply for their financial limitation. Thanks to the Lord! Through different funding, we can provide quality holistic end-of-life care for the vulnerable. This also renders the holistic care centre as a place to let people encounter God and to bless donors and recipients alike. We hope that more hospice beds will be supported by the programme in the new fiscal year; and the plan will be further extended to other residential homes as well. Last but not least, your prayers and generous donations are urgently needed. Please join us to embrace the last journey of the patients with love.

"Now to Him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us" Ephesians 3:20



1. 靈實恩光學校

靚人靚衫時裝表演，參與的學生令人眼前一亮。

Haven of Hope Sunnyside School

Glamour of dressed-up students in a catwalk sparkles.



2. 靈實恩光成長中心(將軍澳)

學員學習運用電腦科技，嘗試將自己的照片製作不同的造型。

Haven of Hope Sunnyside Enabling Centre (Tseung Kwan O)

A student was working on his own photo to try out different looks with the computer technology.



5. 動物醫生到司務道寧養院探訪

Doctor Pets visited Haven of Hope Sister Annie Skau Holistic Care Centre



6. 靈實小慈善家冬日送暖

靈實小慈善家在2014年12月6日參加由靈實長者地區服務厚德中心舉辦的獨居長者探訪活動，小慈善家向長者們送上愛心禮物，希望在冬日為長者送上溫暖！

Young philanthropists delivered warmth in cold winter

On 6 December 2014, some young philanthropists joined the elderly visit organized by Haven of Hope District Elderly Community Service – Hau Tak Centre. They visited the elderly singles and presented gifts with love. We hope that this will bring warmth to the aged in this chilly winter.



3. 靈實恩光學校盆菜盛筵：

靈實恩光學校的老師、家長和同學們一起歡聚食盆菜，多高興！

Haven of Hope Sunnyside School
"Pun Choi Banquet"

Teachers, parents and students gathered together joyfully and enjoyed the big feast!



4. 司務道寧養院

司務道寧養院社工與院友做十巧手部操。

Haven of Hope Sister Annie Skau
Holistic Care Centre

The social worker and the resident of Haven of Hope Sister Annie Skau Holistic Care Centre were doing 10-step Hand Exercises.



7. 舊照：司務道教士榮休

司務道教士於1978年正式退休。多年來，她都深得各位同工喜愛。

每當她重回舊地，各位同工都會爭相與她合照。這幅合照就印證了司教士和藹可親的性格！

(靈實司務道尊重生命博物館：www.sisterannie.org)

Old photo: The retirement of Sister Annie Skau

Sister Annie Skau officially retired in 1978. Over the years, she was well liked by her peers. Whenever she came back, every ex-colleague would seize the chance to take a photo with her. This old group photo explicitly witnesses how amiable she is!

(Virtual Museum of Sister Annie Skau:- www.sisterannie.org)



小小一袋耆樂餅，可以帶給長者無限暖意！

今年靈實耆樂餅為我們長者服務共籌得港幣176萬元善款，比去年增加50%。有關善款將用來購置醫療儀器及復康用具，也會為經濟及行動困難的獨居長者送上熱騰騰飯菜，令他們感到身心溫暖。這全賴各企業、熱心捐助人、有份參與義賣的屋苑及靈實的同工共同努力。

A little bag of Qile Cake empowers the elderly with enormous warmth!

Haven of Hope Qile Cake Charity Sale has raised a total of HK\$1.76 million for the elderly services this year, which is 50% more than last year. The proceeds will be allocated for purchasing medical equipment and rehabilitation apparatuses. Moreover, it will also be used to offer hot meals for the aged singletons and those with difficulty in mobility – a gesture to warm up their hearts. Salute to all participating corporations, donors, representatives from Mutual Assistance Committee and HOHCS's staff.

為認知障礙症帶來「生命耆盼」

靈實已於2014年11月宣佈推出全港首間認知障礙症患者夜間護理中心，讓患有「日落症候群」的中度至嚴重程度認知障礙症患者得到合適的服務。

為支持這項全新服務，我們於2014年11月1日舉行了「生命耆盼」慈善電影欣賞會為夜間護理中心籌款。食物及衛生局局長高永文醫生以及高銀慈善基金主席高黃美芸女士也親臨支持。電影欣賞會共籌得超過44萬港元，我們在此再次感謝各位善長人翁的捐款及支持。期盼大家與靈實為香港長者服務共創新里程！

Bringing a "Fulfilling Life" to patients with cognitive impairment

In November 2014, HOHCS has announced the opening of the very first Night Care Centre for demented elders in Hong Kong. It caters for the needs of patients suffering from moderate to severe degree of cognitive disorder (these patients are usually marked by Sundown Syndrome) and their carers.

To prepare for this brand-new service, we organised a "Fulfilling Life" Charity Film Show on 1 November, 2014 to raise funds for the Night Care Centre. Dr. Ko Wing- Man, Secretary for Food and Health Bureau and Mrs. Gwen Kao, Chairperson of Charles K. Kao Foundation for Alzheimer's Disease officiated the charity show to support the initiative. The Show raised more than HK\$ 440,000. Once again, we would like to thank all benevolent benefactors for their generosity. HOHCS looks forward to creating a new era of elderly services across the territory with all of you!





靈實慈善高爾夫球賽完滿結束！

第十七屆靈實高爾夫球慈善賽已於2014年11月15日至11月16日假南沙高爾夫球會舉行。是次比賽共有六十多名高爾夫球愛好者於哥爾夫場上一展身手。賽事完成後，大會特別舉行了晚宴，更安排了慈善點唱表演環節等豐富節目，參賽者們均慷慨解囊，一同歡度了一個愉快的晚上。

於今次活動，我們喜見一群志同道合的靈實支持者一同本著「尊重生命」的精神為慈善出錢出力。今年比賽共籌得港幣約二十五萬的善款（已扣除成本），將用作支持「靈實援助及慈惠服務」。靈實一直竭力以不同渠道幫助基層市民，包括送贈新鮮食材及提供免費醫療服務等，單是2013/14年度，已經有148,928人次受惠。

今年球賽能夠繼續取得成功，實在有賴各參加者及贊助商的鼎力捐獻及參與。希望高爾夫球愛好者繼續支持靈實慈善高爾夫球賽，為需要的人士，締造健康友愛的社區。

A perfect closing of Haven of Hope Charity Golf Tournament!

The Seventeenth Haven of Hope Charity Golf Tournament was held on 15 and 16 November 2014 at Nansha Golf Club. Over 60 golfers competed in the fields. After the competition, we hosted a banquet in the evening, featured with a variety of magnificent performances by our volunteers. This included charity song requests and others. Many participants reached deep into their pockets. Apart from fundraising, we also had great fun.

Through this event, we were pleased to meet the like-minded supporters embracing the same mission as Haven of Hope – "Respecting Life · Impacting Life" and contributing their money and energy to charity work. We raised a sum of HK\$250,000 (cost-deducted) in this event. The proceeds will go to support the "Haven of Hope Relief and Charity Service". Haven of Hope has been striving to help the underprivileged by all means; including offering fresh produce and free medical services. In the year of 2013/14, altogether 148,928 men/times have been benefited.

Thanks to all participants and sponsors for the continuous success of the charity drive this year. Hope that all the golfers will continue to support the Haven of Hope charity golf tournament and together build up a healthy and loving community for the needy.

全港首間認知障礙症患者夜間護理中心揭幕

靈實長者記憶護理中心（港島西）已在2014年底宣布成立，它是全港首間認知障礙症患者夜間護理中心，針對照顧「日落症候群」患者，減輕認知障礙症患者家人的精神壓力。

First Night Care Centre for Demented Patients Opened

Haven of Hope Elderly Memory Care Center (Hong Kong West) has been opened in late December 2014. The Centre is the very first night care centre for demented patients. Its night care and therapy service targets on caring for patients with "Sundown syndrome" so that stress of their carers can be eased.



兒童粵劇折子戲為智障人士籌款

香港人口老化問題嚴重，而這些問題在智障人士當中更見明顯。靈實轄下3個日間活動中心及智障人士院舍的使用者平均年齡已達45歲，並出現各種「老人病」，其中包括骨質疏鬆、心臟病等，他們實在非常需要我們的幫助，才能維持基本和簡單的生活。

為支持他們診療和身體檢查的車資及費用，並為他們提供高鈣及其他營養食物，我們將於2015年3月7日（星期六）舉行《雛聲名韻：兒童粵劇折子戲》籌款活動。

《雛聲名韻：兒童粵劇折子戲》將由「聲輝粵劇推廣協會」所培訓、5至15歲的粵劇天才表演，其中包括：楊健平（13歲）、區曉婷（13歲）、張雅泳（14歲）、黃安晴（14歲）、莫迪麟（5歲）等。慈善粵劇將表演包括：游龍戲鳳、易水送荊軻、鳳閣恩仇未了情、潞安洲、紫釵記之拾釵等折子戲。精彩的演出，大家萬勿錯過。

日期：3月7日（星期六）

時間：晚上7時正

地點：旺角麥花臣場館

票價[#]：\$500、\$380、\$280、\$120

60歲或以上高齡人及殘疾人士購買\$280及\$120類別部份門票，可獲半價優惠

贊助港幣\$1000元或以上尊享VIP門票乙張，詳情請與潘小姐聯絡，電話：2703 3290

電郵：deannapoon@hohcs.org.hk。



Junior Cantonese Opera Charity Performance: a Fundraising Show for Mentally Handicapped

HOHCS will host a charity show, Junior Cantonese Opera Charity Performance on 7 March 2015 (Saturday). All proceeds will support the consultation and treatment expenses, traveling costs, purchase of calcium-rich and other nutritional supplements for the mentally disabled elders.

Junior Cantonese Opera Charity Performance will be performed by talented children (aged from 5 to 15) from Sing Fai Cantonese Opera Promotion Association; namely Mok Tik Lun (aged 5), Yeung Kin Ping (aged 13), Au Hiu Ting (aged 13), Cheung Ngai Wing (aged 14), Wong On Ching (aged 14) etc. The charity Chinese opera excerpts include: "the Emperor Flirting Li Feng", "The Prince Seeing Jing Ke Off the Yi River", "The Princess in Distress", "A Loyal Couple in the District of Luan", "ZiLegend of the Purple Hairpin-Picking Up the Hairpin" and others. Don't miss it! The details are as follows:

Date : 7 March 2015 (Saturday)

Time : 7 p.m.

Venue : MacPherson Stadium

Tickets : \$500, \$380, \$280, \$120 (Tickets are available at Cityline Ticketing Counter Tom Lee)

Purchase Hotline: 2111 5333
(from 10.00am to 8.00pm)

Elderly over 60 and disabled people are entitled 50% discount for \$280 & \$120 tickets.

Donation over \$1,000 are entitled to receive a complimentary ticket, please call Ms Deanna Poon at 2703 3290 or email to deanna.poon@hohcs.org.hk for details.

[#]門票由即日起至購票通及通利琴行售票處公開發售，
電話購票: 2111 5333 (朝十晚八)

靈實 FACEBOOK Haven of Hope's FACEBOOK



千人支持LIKE 靈實FACEBOOK

越來越多人支持靈實FACEBOOK，靈實FACEBOOK的編者亦努力報導靈實大小事情，由籌款活動、長者新資訊、靈實最新服務到「小編心事」都一一放上FACEBOOK，至今已吸引接近千名粉絲支持！誠邀大家一起LIKE、一起SHARE！在網絡世界中，傳遞「尊重生命·改變生命」的信息！

靈實FACEBOOK:

www.facebook/hohcs.org.hk

Thousands of supporters join to give a "Like" to Haven of Hope's FACEBOOK.

Haven of Hope's FACEBOOK editor is given a boost as more and more people support our FACEBOOK. We will strive to cover, whatever big or trivial: ranging from fund-raising activities, elderly's news update, the latest service of Haven of Hope to "Heart to Heart with Editor".

You are cordially invited to "LIKE" and "SHARE" the postings. Let's help deliver the message of "Respecting Life · Impacting Life" in the world of internet.

Haven of Hope's FACEBOOK:

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靈實小慈善家計劃

孩子是未來的主人翁，栽培孩子正確價值觀是我們每個人的使命。靈實透過不同活動，灌輸「尊重生命·改變生命」的正面信息給靈實小慈善家，並於2014年10至12月期間舉行了耆樂餅義賣、環保紙製作班、獨居長者探訪等活動，其他有趣活動陸續有來，請留意基督教靈實協會網頁 (www.hohcs.org.hk/yp)！

Young Philanthropists Programme

Our children is our future. It is also an important mission for every one of us to impart the right life values to them. Haven of Hope strives to organize different activities to instill the positive message : "Respecting Life · Impacting Life" to our young philanthropists of Haven of Hope. Between October and December 2014, we organized various activities such as Qile Cake Charity Sale, making recycled paper, visiting elders living alone and others. Please stay tuned for more interesting events and visit our website (www.hohcs.org.hk/yp)!

2015年最新活動

傳情送愛	2月
車淑梅司儀班	3月14日 上午11時至12時30分

Latest Upcoming Activities in 2015

Love to Elderly
Date: February

MC Skills Workshop by Ms Candy Chea
Date : 14 March ; Time: 11 a.m. to 12:30 p.m.

月經病

人體臟腑經絡氣血的活動，男女基本相同，但由於婦女有別於男性的特有器官，如子宮及卵巢等，因而病理上有月經、帶下、妊娠、產後及婦科雜病等特殊疾病。其中月經病是婦科臨床的常見病、多發病，被列為婦科病之首。

婦女一生各時期具有不同生理特點，而自青春期開始至圍絕經期止這約40年歲月裡，月經總是女性最苦惱、最困擾的生理問題。常見的月經病有：月經先期、月經後期、月經先後無定期、月經量多、量少、崩漏、痛經、閉經等等。因於病因不同，月經病症狀表現亦有差異，這次月經來潮表現為先期量多；但如過食寒涼，又或房事過多，損傷腎氣，下次月經週期或會延後及量少。

由於月經病多種多樣，病證寒熱虛實錯雜，雖有一定治療規律可依循，但個人體質差異，故治療方案可以人人不同。在此，本人不打算討論治療問題，治療上應諮詢中醫師，只希望藉此機會談談調護原則，以預防和減少月經病。

治療月經病的基本原則：

1. 婦人多鬱

婦人多鬱是指女人天性心思重，多疑，易抑鬱。常常會因情志因素導致以下症狀：情緒異常，唉聲歎氣，愁眉苦臉，暴躁易怒等。月經病多由情志因素引起的，所以管好自己的脾氣，培養樂觀生活態度是治療婦科病的最基本治則。

2. 女子以精血為本

女子以血為本是指女性在一生中經、孕、產、乳等特殊生理功能及病理變化均與血有著密切的關係，每一個功能都以血為用，極易耗傷陰血。宋代陳自明在《婦人大全良方》中明確指出“女子以血為先天”的理論。所以在預防月經病時要處處顧護陰血，任何會傷陰耗血的生活因素都要避免，例如房事過多、暴飲暴食、工作過勞、晚睡等等。

3. 避免不良生活習慣

一) 經常接觸冷氣。冷氣是不時之氣，是違犯自然規律的氣，長期在冷氣房間，加上衣著不當，低腰褲、露臍裝等，將小腹赤裸裸的暴露在空調房裡，使身體充滿寒濕邪氣。現代生活離不開空調，所以在可能情況下，給自己多接觸自然界清氣，戶外散步是最好的活動，尤其是不愛運動的人。

二) 愛吃生冷。現代女性喜食生冷寒涼，引致脾胃受寒，最後導致宮寒。宮寒主要臨床表現為手腳冰涼、月經量少，痛經，甚至閉經等，最終引致不孕。所以，寒涼生冷食品，能戒則戒，特別是早餐，絕對不宜進食冰冷食物，此時正是脾經、胃經運行之時，寒涼食物只會破壞脾胃對食物的消化，亦即是阻礙氣血的生成和補充。

4. 勿亂服中藥

很多女士都愛自行服用中成藥來調理月經，但每個人體質不一樣，同時，每種調經的中成藥都可能有不同的側重點，有些適宜經期前、後服用，有些則適合來經時服食，所以一定要請教中醫師，切勿單憑廣告宣傳或朋友推薦。

5. 調理期較長

月經病調理需時，一般以3 - 6個月經週期，沒有速效的療程。有些女士性格急躁，在短時間不見效後，馬上轉換醫生或療法，最後是錢花了，健康也得不到改善，婦科病多是慢性病，急不來的。

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Profile

Registered Chinese Medicine Practitioner

Bachelor of Traditional Chinese Medicine

Chengdu University of Traditional Chinese Medicine

(Major in Acupuncture & Moxibustion)

Menopathy

Basically

, human organs, meridian system, qi and blood circulation work the same for men and women alike. However, different from their counterparts, women have organs peculiar to them such as the uterus, ovaries and others. Likewise, these may also incur pathologies like menstruation, vaginal discharge, pregnancy, post-natal and even the gynecological diseases peculiar to them. Amongst those frequently occurred gynecological diseases, menstrual-related illnesses tops on the list.

In a woman's life, she will go through different stages of growth characterized by diverse physical conditions. Roughly, it takes about 40 years to pass from puberty to amenorrhea. Menstruation is often regarded as the most displeasing physiological matter to most female. The common menopathy syndromes include preceded menstrual cycle, delayed menstrual cycle, irregular menstruation, a large or small amount of discharge, uterine bleeding, dysmenorrhea, amenorrhea and others. Besides, the syndromes vary with pathogeneses. Say, a preceded menstrual cycle may be denoted with a large amount of discharge. But over-eating, excessive intercourse, or damage in kidney-qi will result in a delay or less amount of discharge volume in next menstrual cycle. In menopathy, there are diverse syndromes which relate to cold and heat. Although some treatment rules may hold, the regimens vary from person to person due to the differences in individual physique. I have no intention to discuss the treatment details here. Individual is advised to consult his own traditional Chinese Medicine practitioner for remedies. Here I stress the nursing principles in menopathy. Basic principles of menopathy treatment:

1. Women are melancholic

Women tend to be over-thinking, suspicious and melancholic. For emotional reasons, the following symptoms are often noted; such as emotional turmoil, sighing, melancholy, anxiety, irritation and others. As menopathy is often triggered by emotion, proper temper management is essential. In a nutshell, optimistic thinking is the fundamental antidote to the gynecological diseases.

2. Women are fine-blooded

Basically the activities in a woman's life cycle like pregnancy, labour, breast feeding and other physiological or pathological changes are closely associated with the blood and its consumption; and they tend to use up the yin blood. In Song dynasty, Chen Ziming's "Furen Da Quan Liang Fang" or "Great Recipe for Women" explicitly pinpoints this notion. That also explains why the vital preventive measure in menopathy is to preserve yin blood. Any activities

consuming up yin blood such as excessive physical life, overeating, overdrinking, overworking, staying up late and others must be avoided.

3. Avoid bad habits

A) Frequent contact with cold air

Cold air emitted from air conditioners is artificial indoor air circulation that violates natural system. Coupled with long-time exposure in an air-conditioning room, woman's clothing such as low-waist pants, midriff-baring tops and others makes her naked belly exposed to cold air; thus rendering her body filled up with damp evils. Since air conditioning is everywhere in modern life, women are highly recommended, especially those who abhor sports, to engage in more outdoor activities and get themselves closely connected to nature as far as possible. A walk in nature is the best activity.

B) Eating cold or raw food

Modern women are crazy about eating raw and cold food. This habit will conduce to chills in stomach and spleen, and thus forming a 'gong han' or 'winter palace'. The major related clinical manifestations are cold limbs, a small menstrual discharge, dysmenorrhea, or even amenorrhea which eventually leads to infertility. As a result, cold food should be avoided as far as possible; especially for breakfast since it is the golden time for the stomach and spleen to work. But cold food will upset the digestive system which indirectly hinders the production and replenishment of qi and blood.

4. To consult traditional Chinese medicine practitioners before taking any herb

Many women get used to take Chinese patent medicine on their own to regulate their menstrual cycle. However, physique differs from person to person. Not to mention different Chinese patent medicine has different healing emphasis. Some may be taken before the menstrual cycle, some after; or some even taken in midst of it. Go and consult the traditional Chinese medicine practitioners rather than relying on friends' referrals or advertisements.

5. Taking time to treat

For emmeniopathy conditioning, it normally takes 3 to 6 menstrual cycles to complete a course. There is no speedy medication available. Some women are too impetuous and keep on changing their practitioners or patent medicine in-take once they find the medication ineffective within a short time span. Money is spent but health has yet to improve.

Remember: A majority of gynecological diseases are chronic and cannot be healed hastily.

我們在2013/14年度為貧窮及有需要人士提供的慈惠服務 Relief and charity service for the underprivileged in 2013/14

關懷長者服務：包括「愛心傳遞」慈惠計劃、獨居長者及貧窮長者支援服務、高鉅基金腦退化症日間及支援服務等，受惠者達**82,995**人次。

Caring for elderly: "Food Pack with Love" charity scheme, support service for the elderly single and deprived elderly, day care and support to demented elderly, etc. A total of **82,995** elders were served (in terms of service attendance).

關懷社區及慈惠醫療服務：包括免費中醫診療、免費白內障摘除手術、課餘照顧服務等，受惠者達**58,504**人次。

Community care and charity medical service: free Chinese medicine consultation, free cataract surgery, after school care, etc. A total of **58,504** people benefited (in terms of service attendance).

靈實司務道寧養院慈惠病床，惠及**27**人。

Charity beds of Haven of Hope Sister Annie Skau Holistic Care Centre benefited **27** users.

復康服務：包括靈實恩光學校寄宿費豁免、膳食、書簿及車船津貼、訓練智障人士的體適能及靈性活動，受惠者達**6,171**人次。

Rehabilitation service: Haven of Hope Sunnyside School's boarding fee remission, meal allowance, textbook and student travel subsidies, physical training and pastoral care to disabled service users, etc. A total of **6,171** beneficiaries used our service (in terms of service attendance).

你的捐獻可以幫助無數孤苦無依的人 Your kind-hearted contribution is vitally important to the displaced and disadvantaged

只需要捐助港幣100，可助8名體弱長者接受4次的記憶護理訓練。

A donation of HK\$100 can help eight frail elders to get 4 times of cognitive training.

只需要捐助港幣400，可為1名長者購買足夠使用半年的成人紙尿片。

A donation of HK\$400 is sufficient to purchase diapers for an elderly to use for half a year.

只需要捐助港幣1,060，可讓24名智障人士接受超聲波骨質密度測試，以檢測骨質疏鬆風險。

A donation of HK\$1,060 can allow 24 disabled service users to undergo the "Dual-emission X-ray Absorptiometry (DEXA)" Bone Densitometry Test.

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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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Make payment through telephone 18033 or www.ppshk.com, merchant code "9453".

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