

靈感 HAVEN OF 88 HOPE NEWS MAY 2015

專題
THEME

The New E-Generation:
redefining
senior needs

長者E世代
全方位檢視
長者新需要



基督教
靈實協會
HAVEN OF HOPE
CHRISTIAN SERVICE

尊重生命 • 改變生命

親愛的靈實支持者：

記得早前有個電視廣告，一支護膚品就可以幫助女性逆轉肌齡，重拾花樣年華。年齡彷彿再不能限制我們的身體，人人都可以無懼時間的摧磨，永遠保持青春秀麗，神采飛揚。

雖然我不清楚護膚品是否真的有聲稱的功效，但廣告所提及的年齡大革命確實令我聯想到現今新一代的長者，他們已達花甲之年，但外表沒有絲毫衰老的痕跡，且飲食健康，生活有規律，身心康泰。據政府2011年人口普查數字顯示，長者中有中學及以上教育程度的比例由2001年的18.4%顯著上升至2011年的31%。隨著教育水平提升，新世代長者不再單單滿足於早上到公園晨運，上茶樓歛一盅兩件，閒時參加興趣小組。有時，我們會驚訝在地鐵上看見的「低頭族」竟然不是年青人，而是長者，一邊帶耳塞聽音樂，一邊目不轉睛地打手機。今期靈感，我們訪問了兩位老而彌堅的「長者」，他們的退休生活多姿多彩，更重要的是，他們積極參與義務工作，運用其專業知識及工作經驗服務社群，享受助人的快樂。

靈實服務長者超過四分之一世紀，早在七、八年前已察覺新世代長者的誕生。為了配合這新趨勢，滿足長者的需要，我們也積極提升長者院舍的設備裝置，使長者在院舍頤養天年的同時，仍然緊貼時代的脈搏，享受優質的生活。我邀請你細閱今期靈感，了解新一代長者的特質，更希望大家捐款支持靈實胡平頤養院的發展工程，帶領長者院友進入新世代，同享時代進步的成果。

行政總裁
林正財醫生

Dear Haven of Hope supporters,

I remember there was a TV commercial promoting a skin care product that claimed it can help women reverse skin age, and regain rosy beauty. It's like our body would no longer be bounded by age and we would be fearless of ageing and stay youthful, pretty and vibrant forever.

Even though I am not sure if such claim is valid or not, the idea of age revolution regarding this advertisement inspires me to think of the elderly generation of this contemporary era. Despite reaching their sixties, their appearances do not tell the slightest sign of ageing. They enjoy a healthy life both physically and spiritually with balanced diet and disciplined lifestyle. According to the 2011 census, the aged population with secondary education or above remarkably increased from 18.4% in 2001 to 31% in 2011. With better education, this new-era elderly will not be contented just with a morning walk in the park, or a cup of tea at the restaurant or joining some interest groups during leisure time. Sometimes, we are astonished at finding "cellphone-overuse-tribe" on the MTR who are not youngsters but their elderly counterparts. The latter are usually listening to music in earphones while intensively playing electronic games on their mobile. In this issue, we have interviewed two smart "elders" who are busy enjoying their retired life. More importantly, they are actively participating in volunteer work, making full use of their professional expertise and work experience. Through their good deeds, they understand the true meaning of the proverb "it is more blessed to give than to receive".

Having served the elderly for more than a quarter century, Haven of Hope has recognized the emergence of this new elderly generation seven to eight years ago. To echo the current trend and cater for the needs of the elderly, we proactively upgrade the facilities of our elderly homes to render our aged not just good-quality residential service, but also enable them to keep abreast of this digital era and enjoy their golden age. I cordially invite you to explore more about the characteristics of this new E-generation of elderly. I do hope that you will donate and support the extension project of Haven of Hope Woo Ping Care & Attention Home. Let's embrace our elderly home residents to enter a new epoch and enjoy the fruit of the progress.



Dr. Lam Ching-choi
Chief Executive Officer

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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 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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HAVEN OF HOPE NEWS

人生七十古來稀，但時至今日，人愈來愈長壽，七、八十歲的長者比比皆是。新一代的長者不論外表、思想和需要跟上一代比較已迥然不同。今期靈感，我們會探討這批「新晉」的人生哲學。

新一代退休人士 — 悠然自得馬幗英

退休前主理市場顧問公司的馬幗英，人如其名巾幗不讓鬚眉，在商場上長袖善舞，退休後亦活得精彩。她一直抱著退而不休的態度，繼續為朋友或舊客戶的大小市場項目提供專業意見，又在教會各有各樣事奉，包括為教會資訊傳播委員會編撰刊物，生活不比退休前清閒，但卻享受每一天。

平時愛思考的馬女士，喜愛玩數獨遊戲，動動腦筋。閒時她除了跟朋友相聚，最愛就是拿著電子閱讀器看書，尤其是需要思考的書籍，例如偵探、推理或法庭案例英文小說，又或是一些能令自己增進知識的書籍。如果不看書，她就會上網看外國電視片集或閱讀新聞，增加對世界社會大事的認知。

「我很愛上網，因為可以挑選自己喜愛的活動，瀏覽網站尋找知識。我又會經常利用電腦程式跟親友聯繫、工作，並安排社交活動；假如沒有電腦，我想我不能開開心心享受每一天。」她稱。

活了數十年，馬幗英亦有一套人生哲理，她認為人應該抱著「簡單生活」的態度，珍惜每一天。「假如一個人有九十歲壽命，人生可分為三部份，最初三十年應該是學習和吸收期，要謙遜和不恥下問，之後三十年就是衝刺期，把學到的運用出來，努力工作。六十歲後就要享受自己的成果，享受生活，能力許可下做自己喜愛的事。」

馬幗英覺得上一代跟她們那一代已很不同：父母輩一生為供養家人而活，多辛苦也毫無怨言，失去自己的生活和嗜好，所以當兒女長大，生活就變得枯燥乏味，頓失人生方向，她提議這類退休人士可以放開懷抱，多出席朋友聚會、做義工或運動，不要忘記保持終身繼續學習的態度，不要與時代脫軌。

自小為基督徒的馬幗英又說，做人放開懷抱很重要，她自問有時會轉牛角尖，但她亦明白很多事情自己也控制不來，所以已學懂把一切交託給神，相信神會安排好一切，不需要憂慮未來。

「錢只要夠用便可，剩餘的錢我會用作幫助有需要的人，因為心中富有才是最重要。」



馬幗英閒來會利用電子書閱讀器看書。
Alyson reading her e-book with a Kindle in her leisure time.

In olden days, anybody living past seventy years of age was considered as a rarity. Yet, nowadays, people live much longer. It is not uncommon to see elderly aged over 70 or 80 years old. Appearance, mindset and needs of the new generation of elders differ from that of our preceding generations. In this issue, we will explore role models of this new generation to understand more about their life motto.

A new E-generation of Seniors - Care-free life of Alyson Mar

Alyson Mar was the director of a marketing consultancy firm before retirement. As implied in her Chinese name, she is equally competent compared with men. She excels in the business world and has started a colourful new page after retirement. Though retired, she is still active in giving professional advice for marketing projects to her former clients and friends alike. Moreover, she also contributes in different church ministries, including serving on the editorial board of various communications and publications committees on a volunteer basis. Notwithstanding retirement, her life is not boring at all; and she pretty much enjoys every day of her life.

Alyson is a thinker. She is fond of playing Sudoku games to keep her mind active. During spare time, she also likes hanging out with her friends. Reading English e-books using her Kindle is one of her favourite past-time activities, especially those thought-provoking books, such as British whodunnit mysteries, crime novels, detective's stories, forensics, legal thrillers, etc. or any books that allow her to learn something new. Other past-time activities include reading news online or watching foreign TV series to keep herself updated about the world's current affairs.

"I love web-surfing very much. And I will pick something that is interesting, then keep on clicking related websites to learn more about the topic. Besides, I will also use computer to stay connected with my friends and relatives all over the world, to work and arrange social activities. If there were no computers, I don't think I could enjoy life so fully everyday," she said.

At this stage of her life, Alyson has her own life philosophy. "To live a simple life" and "to cherish every single day" is her motto. "Assuming a person that lives for ninety years, one's life may be divided into three stages. The first three decades should be regarded as a stage of learning - it's a time to absorb, to learn intensely and extensively with humility. Next stage of another thirty years is to apply the knowledge learnt to your work and earn a living. Upon reaching sixty years old, one can enjoy life and the fruit of one's hard work sowed during



one's younger days. It's the time to do the things one likes with your time and resources.

Alyson thought that her generation is very different from the preceding one. In general, parents of her generation used to work hard for much of their life to support the whole family selflessly while giving little leisurely time to themselves. Once their children have grown up, their lives would become dull, inactive and lacking purposes. She suggests that these retirees can keep an open-mind about retirement and socialize more with their peers, engage in volunteer work or do more exercise to stay healthy. Don't forget to have time for life-long learning to stay in tune to the world, and to keep busy with things they enjoy.

A Christian since childhood, Alyson believes in having an open mind and carefree attitude. She admits that she may at times be a little bit over worried about special issues. Nevertheless, she understands that many things are beyond her control, and gradually she has learnt to let go and leave it to God. She believes that God has the best plan for her and her strong faith in God helps her to set aside all her worries.

Contentment in life leads to a happier and fuller life and one is more willingly to lend a helping hand to those in need. Richness in the heart is Alyson's philosophy in life.

新一代長者典範——胡楓

眼前的胡楓行動敏捷、打扮年輕，絕對不像一位八十多歲的長者。可是，活了八十多年，經歷時代變遷，科技愈趨發達，胡楓坦言也會學習新科技，但卻不會刻意追貼潮流。

胡楓平時慣用舊款手機，功能只限打出打入，後來子女送他一部平板電腦，才開始利用平板電腦看照片，跟親友透過whatsapps聊天。「以前未有手機通訊程式，通常都是打電話與親友聯繫，但現在有了這些聊天功能，可同時收到四方八面親友的问候，有時一聲生日快樂或噓寒問暖的說話，已令我感覺很溫暖。」胡楓邊接受訪問，邊拿著平板電腦向記者分享曾孫的照片。

然而，時代雖不斷轉變，他仍然很重視中國傳統，例如新年兒孫會下跪敬茶，這些禮節從上一代一直傳承至今。「我覺得時代如何轉變也好，孝順父母始終是一個永恆不變的定律，這些中國傳統我確實很重視。」

不用工作的日子，胡楓很喜愛待在家中跑步或步行，還邊跑邊唱時代曲，每天跑步一小時，為的就是不想讓自己靜下來。再細問下，原來他留在家中跑步是另有原因的。「由於太太喜愛在家看電視，我便陪她留在家中，跑步也好，步行也好，希望多陪伴她……年紀大了，就更珍惜身邊的人。」

跟他聊天，總是笑容滿面，為身邊人帶來歡樂。「我天生性格樂天，很喜歡跟人說笑，又愛整蠱人，逗人歡喜。有些長者事事執著，但我反而覺得凡事都應看開一點，一切不強求，就可以令自己平和一些。」

縱橫演藝界超過六十載，胡楓從未想過退休。「既然自己身體健康，仍然有能力可以在演藝界演出，為何要退休呢？我反而要感恩自己有能力貢獻社會。」胡楓說自己今天仍然很享受觀眾的掌聲和歡呼聲。「有時表演可以帶給別人歡樂，娛人娛己，我已很滿足。」



Role model of new E-generation elderly – Bowie Wu

At first sight, Bowie Wu is young in appearance, swift in action and doesn't look like an elderly aged 80 years or so. However, with the technology advancement, Bowie admitted that even at this age, he would still keep himself updated; yet, he would never deliberately learn to be a high-tech savvy.

In his everyday life, Bowie is used to using his mobile device which only has calling function. Only when his kids bought him a tablet computer, he started to use it for viewing photos and chatting with relatives and friends via whatsapps. 'In the past, there was no such thing as mobile communication apps. We normally connect with others by phone. Now, with these chatting functions, regards from family and buddies all over the world can be received. A simple message of "Happy Birthday" or seasonal greetings makes me feel very warm'. Bowie showed us the photos of his great grandchildren using his tablet computer.

Although trends and technology change in light speed, Bowie still treats Chinese tradition seriously. For instance, in Lunar New Year, his children and grandchildren will kneel down to greet him with tea. This tradition has been passed from generation to generation. "I deem that no matter how time changes, filial piety is an immutable virtue. I place significant emphasis on these Chinese teachings."

In his leisure time, Bowie loves staying at home, jogging or just walking around, while listening to classical Chinese songs. He keeps the habit of jogging for an hour in order to keep himself doing something. Asking him further, he admitted that he jogged at home for another reason. "My wife prefers watching TV at home, so I stay at home to accompany her. Jogging, walking around, whatsoever, I just wish to stay with her more often. At this age, I cherish my family more than before."

Chatting with him, Bowie is always so cheerful, bringing laughter to people around. "I am optimistic and like joking. Making fun of others to cheer them up is also one of my hobbies. I know that some elderly are quite stubborn.

Yet, I reckon we should be open-minded and more relaxed. This can bring peace and tranquility."

Having navigated in the entertainment industry for more than 60 years, retirement is never in Bowie's mind. "I am still healthy and capable of working in the show biz. Why do I need to retire?" Bowie said he still enjoys audiences' applause and exaltation very much. "My performance can bring joy and happiness to others. I am so contented in entertaining both myself and others."



長者院舍大革新

一個非正式統計顯示，大部份長者都不希望入住院舍，原因是他們怕不習慣新環境，又怕要適應院舍規律的生活，缺乏自由。可是，當長者身體衰退至某一個程度，家人未能照顧，或者住所環境限制，缺乏合適的設備助長者居家安老，家人就要考慮把長者送往護理院舍。舊式的安老院一般位處深水埗、觀塘等舊區，設施簡陋，空間狹小。上一代長者對生活要求不高，即使舊式院舍的裝修殘舊，仍然會勉強接受。然而，隨著時代進步，長者對生活的要求提高，很多新式的安老院舍都與時並進，購置各種高端安老服務產品和設施，滿足新世代長者的需求。

靈感記者走訪了六間自負盈虧安老院，發現大部份與傳統的院舍的環境大相逕庭，不但樓底高、光線充足，空氣流通，且設有多種房間，包括獨立單人房、夫婦套房、雙人房、三人房、四人房、六至十人房等，任均選擇。設備方面，院舍提供全院免費wifi上網，供院友用手機瀏覽網上新聞；有些院舍更設有健身房，長者除了可參與由物理治療師教授的健體課程外，更可按自己的喜好和時間安排，到健身室做簡單的伸展運動。針對認知障礙症長者的需要，大部所參觀的院舍都有防走失系統，或床位叫喚鈴，方便護理員隨時照顧患者，保障他們的安全。

有見及此，靈實胡平頤養院將於2015年中進行擴建工程，增加宿位，同時提升院舍設備和裝置，務求令院友置身在現代化的院舍，頤養天年。擴建工程耗費超過一千五百萬，包括修建花園、加建房間等。你的捐款，有助我們為長者提供適切的安老頤養服務。請填妥刊物背頁的捐款表格，支持我們！



Transformation in our Elderly Residential Homes

Unofficial statistics show that a majority of elders dislike staying at the elderly residential homes for different reasons, such as fear of adaptation to the new environment, the rigid time schedule and freedom deprivation. Nevertheless, when the elderly's health have exacerbated to a certain extent, making it difficult, if not impossible for family to take care of, or when there are hurdles in the elders' place of residence, like insufficient equipment, family may have to consider sending the elderly to the care and attention homes. The old-fashioned elderly residential homes are generally scattered in shabby areas like Shamshuipo, Kwun Tong or other old districts which are congested and poorly planned. The elders of the preceding generation are likely less demanding in terms of living quality and they may still accept sub-standard residential homes even though they are dilapidated. As time advances, however, the new-era elders look forward to higher standard of living. To keep abreast of time and cater for the ever-changing needs of the e-generation elders, some residential homes are now better furnished with high-end healthcare products and advanced facilities.



Our Haven of Hope News reporter visited six self-financed elderly residential homes. We found that most of them differ drastically from the traditional ones. In general, they are well-lit, spacious, well-ventilated. Also, there is a wide variety of room size to choose from, including single room, suite for couples, triple room, quadruple room, rooms for six to ten residents and others. In terms of equipment and facilities, the elderly residential homes also offer free wifi for residents to browse online news using their smart phones. There is also gym room in some of the homes where elders are free to join the fitness courses conducted by physiotherapists, or they may choose to do some simple stretching exercises according to their own schedule.

To take care of the demented elders, many of these aged homes are equipped with anti-wandering system or are furnished with a bedside alarm bell as a means to allow

residents to seek help immediately in case of emergency. In this light, the extension project of Haven of Hope Woo Ping Care & Attention Home will start in mid-2015 to increase the number of residential places as well as to upgrade the facilities and equipment of the Home. We hope to give our residents an enjoyable life in a cozy and modernized ambience. The project will cost over HK\$15 million including garden reconstruction, room addition, etc. Your donation will help to build a comfortable residential home for the aged. Please support this cause by filling in the donation form at the back of the newsletter.

靈實司務道寧養院

Haven of Hope Sister Annie Skau Holistic Care Centre



剛過去的新春，司務道寧養院一班婆婆同心協力製作裝飾，佈置院舍，為院舍增添氣氛
Over the new spring, some of our elderly helped in decorating Haven of Hope Sister Annie Skau Holistic Care Centre; they had added some festive sparkles to the hospice home.



同工與前院友家屬共聚，輕彈淺唱不夜天
Co-workers were spending wonderful time with the family members of some ex-residents -- singing joyfully over and over throughout the long night.



一眾同工、義工、院友及家屬在鳥語花香的天台花園，合唱一曲「分鐘需要你」
Staff, volunteers, residents and their family members gathered together in the roof garden of Haven of Hope Sister Annie Skau Holistic Care Centre, singing the song "I Need You for Every Single Minute."

靈實恩光學校

Haven of Hope Sunnyside School



學生可於課堂或其他時段，於校內不同地方使用平板電腦上課，甚至收聽詩歌或拍照。
In school, students can use the tablet computer to learn, listen to hymns and even take photos, during class and at other times.



迦密主恩中學義工到校舉行聖誕派對，並帶領學生玩手掌畫。
Student volunteers from Carmel Divine Grace Foundation Secondary School organized a Christmas party for Sunnyside School students, during which they had palm drawing together.

靈實恩光成長中心 (將軍澳) Haven of Hope Sunnyside Enabling Centre (Tseung Kwan O)



浸會大學體育系學生帶領學員上體育課，讓學員進行肌能及體能訓練，當中包括訓練平衡、伸展等運動。

Students from Department of Physical Education Hong Kong Baptist University arranged muscle and body training class for students to enhance their balance and stretching capacity.



全港首間認知障礙症患者夜間護理中心開放日

靈實長者記憶護理中心(港島西)於2015年1月29日舉行開放日，供市民、各社區人士及其他機構同工參觀，認識中心的夜間護理服務。參觀者專注聆聽工作人員的講解，勇於發問，了解認知障礙症患者的需要及夜間護理中心的運作和設施。參觀者對於嶄新的夜間護理服務均表示支持，更表示中心環境舒適寬敞，且有家的感覺。

Open day of Hong Kong's first night care centre for demented patients

An open day of Haven of Hope Memory Care Centre for Elderly (HK West) was held on 29 January 2015 for the general public, community and other non-government organizations. Visitors attended the briefing sessions and asked questions about the needs of demented patients. They had deeper understanding about the operation of the night care centre and were greatly impressed by the ambience of the centre that gave them a cozy home-like feel.



靈實長者記憶護理中心(港島西)

為調節長者生活秩序，護理人員與認知障礙症患者進行認知訓練、健體運動及社交活動。

Haven of Hope Memory Care Centre for Elderly (HK West)

To help adjust their living pattern, the health care staff conducted cognitive training, physical education and social activities for demented elderly.

靈實小慈善家計劃

Young Philanthropist Programme



小慈善家「排排坐」，細心聆聽車淑梅小姐教授金牌司機技巧
Candy Chea hosted a MC skills workshop for our Young Philanthropists



小慈善家與靈實的傷健服務使用者一同暢遊迪士尼樂園
Our Young Philanthropists joined hands with our disabled clients for a visit to Disneyland

遺愛人間

靈實司務道寧養院社工相約英太太（化名）接受訪問，她一口就答應了。

英太太的丈夫是靈實司務道寧養院慈惠病床服務的受惠者，透過靈實醫院轉介入住寧養院。英先生患的是晚期肺癌，在病患中開始回顧並反思自己的一生，發現有很多憾事，令他想到以前當的士司機時認識的一位基督徒亞B。這位乘客很特別，經常與他分享福音、為他禱告；他希望再見到亞B，向他道謝。在多番轉折下，院牧終能找到亞B，而英先生更在亞B的帶領下決心信主，並在寧養院接受洗禮。這也是英太太認為寧養院給予他們最大的幫助。

英先生的安息禮拜也是在寧養院的小禮拜堂舉行，得到很多好友、同工到來送別。最令人感動的是他主動提出捐贈遺體給中文大學醫學院。英太太說：「他覺得就此火化太可惜了，希望盡用他的『身體』，幫助更多人。他原意是捐贈器官，但因病患未獲接受，醫院便提議捐贈遺體作醫學院解剖教學，他也同意。其實我內心充滿掙扎，亦曾遭他家人朋友的反對，但為了尊重他的意願，我最終亦同意了。」

英先生得到別人的幫助，更願意以生命回應，幫助其他人，這份愛亦成為他兩個女兒的榜樣；而英太太則希望有更多善長繼續支持慈惠病床服務計劃，使計劃延續下去，幫助更多有需要的病患者及家人。她非常感激地說：「我清楚記得當醫生告訴我他要出院，那一刻我真的很徬徨，身心非常疲累。後來醫生告訴我會轉介丈夫往靈實寧養院，起初我還誤以為是去靈實醫院的療養病房，後來才知原來是入住這間全港寧養服務最好的院舍，而且費用全免，簡直令我喜出望外！」。



A Gift of Love for Life

A social worker from Haven of Hope Sister Annie Skau Holistic Care Centre (SASHCC) would like to have an interview with Mrs. Ying (alias). Without hesitation, she agreed.

Mrs Ying's husband was the service beneficiary whom was referred by Haven of Hope Hospital (HHH) and was later admitted to SASHCC. Mr Ying suffered from late-stage lung cancer. At that time, he started a deep self-reflection of his entire life. Unfortunately, he found that it was filled with remorse. He used to be a taxi driver and had met countless passengers everyday but one passenger "Abi" had left a great impression on him. Abi is a Christian who often shared gospel with him and prayed for him. Mr Ying hoped to see him again and thank him in person. After the twists and turns, the chaplain finally found Abi. With God's grace and guided by Abi, Mr Ying was eventually converted to Christianity and had his baptism in SASHCC. This is what Mrs. Ying considers to be the greatest help from SASHCC.

Mr. Ying's memorial service was held at the little chapel in the Centre. It was attended by many of his buddies and co-workers. The most impressive is his initiative to donate his body to the School of Medicine of Chinese University of Hong Kong. Mrs. Ying said, "He himself thought it's a pity to be cremated. Instead, he intended to optimize the use of his "body" to help more people. Initially, he wished to donate all his organs. Nevertheless, his proposal was not accepted owing to his illness. But the hospital counter-suggested that he could donate his body to the School of Medicine for anatomy teaching and he agreed. In fact, I was in big struggle and other family members and friends also said "no" to his plan. Yet, as a kind of respect to my dear husband, I finally gave greenlight."

Mr. Ying was willing to pay back by contributing himself to help others for he had been offered a sincere helping hand in his life. His gift of love for life sets a good example for his two daughters. Mrs. Ying truly hopes that the relief and charity beds service will thrive on and help more needy patients as well as their family alike. She further elaborated with gratitude, "I remember clearly when the doctor told me that my husband would soon be discharged, I was so anxious and helpless that I couldn't help bursting into tears in the hospital corridor. I was totally worn out, physically and spiritually. Until one day, the doctor said that he would refer my husband to SASHCC. At the beginning I thought it was just an infirmary ward of HHH. Only until later did I realize that it is one of the best hospice care unit in the city, and ... free of charge. It really made me overjoyed."

i In April 2014, there was a service restructure and integration for Holistic Care Centre and Sister Annie Skau Nursing Home; it was then renamed as "Haven of Hope Sister Annie Skau Holistic Care Centre".

傳揚國粹之餘亦不忘行善

為資助智障人士檢查身體的費用及車資，並為他們提供高鈣營養食物，靈寶於3月7日舉行《雜聲名韻：兒童粵劇折子戲》籌款活動。

粵劇一向是中國國粹，是一門值得推廣的藝術，所謂「台上一分鐘，台下十年功」正好形容粵劇演員如何經歷艱苦訓練，踏上戲棚，一展丰采。感謝「聲輝粵劇推廣協會」一眾小朋友為我們帶來精彩的粵曲表演。其中一位小演員、十歲的楊劍霖，四、五歲開始接觸粵劇，目前主要演武生。劍霖年紀小小，但每星期練習卻長達三至四小時，然而，她覺得壓腿等訓練一點也不艱苦，反而愈練愈有興趣。今次的演出，她覺得可以能夠幫助人又可以唱戲，別具意義。



主禮嘉賓林嘉泰(左五)與陳培偉(右七)、劉千石(左二)、梁偉權(左一)以及聲輝粵劇推廣協會會長芳雪瑩(右四)合照
Group photo of officiating guest Lam Ka-tai (5th from left), Dr Chan Pui-wai (7th from right), Lau Chin-shek (2nd from left), Fong Suet-ying, chairperson of Sing Fai Cantonese Opera Promotion Association Limited (4th from right)

Sustain the quintessence of Chinese culture while contribute for charity

Cantonese Opera has often been regarded as a quintessence of Chinese culture and a traditional form of art. The Chinese proverb: "One-minute of performance on stage requires ten years of practice behind the stage" best describes how hard a performer dedicates himself to the demanding practices every day. Special thanks to all young performers from Sing Fai Cantonese Opera Promotion Association Limited for their marvellous performance on 7 March. This charity show has raised funds for medical expenses of the disabled. One of the young actors, ten-year-old Kim-lam has started learning Chinese Opera since four to five. She now often plays the military role. Despite her young age, Kim-lam practices three to four hours every week; yet, to Kim-lam, training like hip stretching is not harsh and even quite challenging. She reckons that this performance is really meaningful as she enjoys performing on stage while helping the needy at the same time.



小演員不但落力演出，更為慈善出一分力
Not only did the young talents excelled themselves in the show, but they also made great efforts for charity



2015靈實司務道寧養院慈善音樂會 現正接受贊助及購票

2015靈實司務道寧養院慈善音樂會將於6月21日(星期日)假香港大會堂音樂廳舉行，為靈實司務道寧養院的「免費心靈關顧服務」籌募經費。

踏入服務的第9年，本著「用愛擁抱晚晴」的精神，我們曾照顧超過900名病人及其家屬，在他們經歷生命的陰霾時，為他們帶來安慰、尊嚴及平安。要提供全人生命晚期照顧，優質的心靈社交關顧服務是重要的一環。每年，我們需要籌募港幣一百五十萬為病人及其家屬提供這項完全免費的心靈社交關顧服務。

我們誠邀大家贊助及購票支持音樂會，門票分為港幣\$2,000、\$1,000、\$500、\$200及\$100。為慈善出一分力，請即致電 2703 3373購票贊助或查詢。

Haven of Hope Sister Annie Skau Holistic Care Centre Charity Concert 2015 Invites Sponsorship and Ticket Purchase

The Haven of Hope Sister Annie Skau Holistic Care Centre Charity Concert 2015 is taking place at Concert Hall of Hong Kong City Hall on 21 June (Sunday), raising funds for its FREE psycho-social-spiritual care service.

The service of the Centre enters into her 9th year and with the motto of "Embracing the Last Journey with Love", we have served over 900 patients and their family members, bringing them comfort, dignity and peace when they were in the face of overwhelming odds in life. Each year, HK\$1.5 million has to be raised to fund the service expenses.

We cordially invite you to support this meaningful event through sponsorship or ticket purchase. Ticket prices include HK\$2,000, \$1,000, \$500, \$200 and \$100. For ticket purchase/ sponsorship/ enquiry, please contact us at 2703 3373.

為「免費心靈社交關顧」服務籌款
Fundraising for FREE Psycho-Social-Spiritual Care Service

*Embrace
the Last Journey
with Love*

用愛擁抱晚晴

靈實司務道寧養院慈善音樂會
Haven of Hope Sister Annie Skau
Holistic Care Centre Charity Concert

香港愛樂樂團
Performance by SAR Philharmonic Orchestra
K. K. Chiu, Music Director

21. 6. 2015 (Sun) at 7:30pm
香港大會堂音樂廳
Hong Kong City Hall Concert Hall

音樂會演奏節目
Concert Programme:
Brahms, Candidate Overture
Mozart, Piano Concerto No. 24 in C minor, K.491 Uziel Tsochor, piano
Sibelius, Symphony No. 5 in E flat major, Op. 82

部分門票由4月上旬開始，經由香港大會堂分派派發，門票數量有限，每人限購兩張，先到先得，售完即止，憑票免費入場。
Part of the ticket will be distributed through Hong Kong City Hall enquiries counter from then on April 1 in first-come-first-served basis. Each person may obtain a maximum of 2 tickets. Free admission by ticket.

ENQUIRY HOTLINE
2703 3373/ 2703 3284
www.hohcs.org.hk

香港特權
Sponsorship

贊助機構
Haven of Hope
靈實

主辦機構
SAR
愛樂樂團
PHILHARMONIC



為慈善踢出愛

保協慈善基金足球賽2015

由香港人壽保險從業員協會慈善基金（保協慈善基金）主辦的慈善足球賽於3月16及17日假香港足球會舉行，為靈實全護通籌得港幣16萬經費，拓展認知障礙症夜間護理中心，幫助更多有需要的人。

慈善賽一連兩日舉行，合共8支來自各大保險公司的隊伍參賽，並成功邀請香港足球名將山度士領導的車路士足球學校(香港)代表列陣，上演一場精彩絕倫的賽事。

「保協慈善基金足球賽2015」籌委會主席曾繼鴻很高興可以再度與靈實合作，舉辦慈善足球賽，不但可以傳承互愛互助的文化，更可以藉比賽團結保險業新一代，激發保險從業員的愛心，教育他們貢獻社會。他更期望慈善足球賽可以成為基金會「一年一度的盛事」，籌募更多善款，惠澤社群。

保協慈善基金於1998年成立，鼓勵保險從業員參與公益活動，幫助社會上被忽略的一群。基金曾於2013年捐款港幣60萬，為靈實司務道寧養院購置一架全新的復康巴士。保協慈善基金主席劉鼎言表示，基金能幫助真正有需要的人，他感到十分欣慰。「我兒子在英國行醫，醫院範圍很大，由一座大樓去另一座，路途遙遠，病人身體虛弱，必須乘坐復康巴士，所以我很理解司務道寧養院院友的需要。」劉鼎言期望更多保協會員支持基金會的善行，使服務可以持續下去。

有別於一般慈善足球賽，得獎隊伍除獲得冠軍獎盃外，更可獲贈「減肥雪糕波」。足球賽的營養顧問註冊營養師邱美玲更親自指導球員如何「踢出」美味的雪糕：「首先，加入你喜歡的水果和乳酪或低脂忌廉，然後加入大量冰塊，再蓋好雪糕波，踢15至20分鐘，就可製作美味又健康的雪糕。」

邱美玲坦言能夠運用自己的專業知識，為慈善出一分力，更名為慈善賽加添動感，感覺新鮮有趣。「以往我較多擔任運動比賽的營養顧問，設計賽前餐單，可說是『紙上談兵』，今次有機會落場為參賽的健兒打氣，一起踢雪糕波，好玩得多！」



球員共享得獎成果 - 減肥雪糕波的製成品

The winning team shared their award - finished product of the "diet ice-cream ball"

LUA Football Tournament 2015 – Kicking out of Love for Charity

The Charity Football Tournament was organized by LUA Foundation on 16 and 17 March at Hong Kong Football Club. The event has raised a total sum of HK\$160,000, benefiting Haven of Hope TotalCare for the expansion of Night Care service for the cognitive impaired. Altogether eight teams participated in the football cup. Team players were all insurance elites from major insurance companies. Representatives from ChelseaFC Soccer School (HK), led by Mr Leslie George Santos – a famous former Hong Kong football team member, were invited to play a football match with the champion team. That became the climax of the event.

Mr Henry Tsang Kai Hung, chairman of the LUA Foundation Charity Football Tournament 2015 Organizing Committee was pleased to collaborate with HOHCS to run this charity football match. This not just imparts the culture of love from generation to generation; but also promotes unity amongst the new generation of insurance practitioners through the competition. He also expects this charity football match will become the Foundation's "annual mega event" that raises funds and benefits the community as a whole.

LUA Foundation was established in 1998 with an aim to encourage insurance practitioners to engage in charity work and help the neglected in the community. In 2013, LUAHK Foundation donated HK\$600,000 for the purchase of a brand-new rehabilitation bus for Haven of Hope Sister Annie Skau Holistic Care Centre (SASHCC).

Mr. Anthony Lau, chairman of LUA Foundation was very pleased to know that the Foundation can truly help the people in need. "My son is a physician in the UK. The hospital he is working in is so gigantic that one needs to travel long distance from block to block. To a frail patient, a rehabilitation bus is a must. I fully understand the needs of patients in SASHCC." Mr. Lau anticipates more LUAHK members will embrace the charity work of the Foundation so that the service can continue. Unlike any ordinary charity football match, the winning team did not just secure a champion trophy. They were also awarded a "diet ice-cream ball". Ms Mylene Khoo, the event nutrition consultant and a registered dietitian

You can change the world

came to field that day to share with the players how to "kick out" delicious ice-cream. "First, add your favorite fruit to a cup of yoghurt or low-fat cream, add some ice, and then cover the ice cream ball. Kick for 15-20 minutes. Here comes a delicious and healthy ice cream."

Mylene is excited to apply her expertise and add on some sparkle to the charity game. "In the past, I used to be playing the role of a nutrition consultant, like designing the menu before the contest which is more or less something "on paper". But this time, I can join the competition as a cheering team for the players; and teach them how to kick out a healthy ice-cream ball. Wow, it is really much more fun!" Mylene said.



劉偉強(左一)、劉鼎言(右二)及曾繼鴻(右一)頒贈港幣十六萬支票予靈實

Kinson Lau (first from left), Anthony Lau (second from right) and Henry Tsang presented the HK\$160,000 cheque to Haven of Hope



「成長在恩光」慈善音樂會

靈實恩光成長中心一直為準備離校，並仍在輪候成人復康服務的嚴重智障人士提供適切的訓練、照顧及住宿服務，協助減輕學生家人於照顧上的壓力。同時，中心亦為幼兒提供各種早期的專業介入服務，包括職業、言語、音樂和遊戲治療等。中心服務自負盈虧，在欠缺政府資助的情況下，實在很需要社會人士伸出援手，使服務得以維持下去。

秉承基督教靈實協會「尊重生命，改變生命」的精神，中心於今年6月13日及14日，舉行「成長在恩光」慈善音樂會籌募經費。

- 日期： 2015年6月13日(六) 及14日(日)
時間： (13日) 晚上8時
(14日) 下午3時
票價： 港幣\$500、\$380、\$180
地點： 香港理工大學賽馬會綜藝館
參與演出及製作： 鍾氏兄弟(鍾一匡、鍾一諾)、黎小田、
陳明恩、李志剛、徐偉賢、裕美、
謝文雅、鄭瑞芬、吳少芳、嘉賓司儀
車淑梅、音樂總監凌乃基

你的一分一毫都能照亮學障人士的前路。
請即致電2703 1722與何少珊小姐聯絡，或電郵至
ssho@sunnyside.edu.hk購票贊助或查詢。

Haven of Hope Enabling Centre Charity Concert

Haven of Hope Enabling Centre has a mission to provide the essential training, nursing care and residential service to the severely mentally disabled who have left the special school, awaiting subvented hostel service. At the same time, Enabling Centre also renders professional intervention to toddlers and children who have developmental delays. These include speech therapy, play therapy, music therapy, occupational therapy, etc. Without any government funding, support from the general public is vitally important for the continuation of this self-financed service.

Upholding the spirit of "Respecting Life-Impacting Life", the Enabling Centre is organizing a fundraising concert on 13 and 14 June.

- Date: 13 June (Saturday) and 14 June (Sunday)
Time: 8:00pm (13 June)
3:00pm (14 June)
Ticket price: HK\$500、\$380、\$180
Venue: Jockey Club Auditorium, the Hong Kong Polytechnic University
Presenter: The Chung Brothers, Michael Lai, Corinna Chamberlain, Peco Chui, Alex Lee, Hiromi Wada, Casey Tse, Fanny Cheng, Jodi Ng, Candy Chea (guest MC) and Jim Ling (music director)

Your donation can ignite the life of people with learning difficulties. For ticket purchase or sponsorship, please contact Ms Susan Ho at 2703 1722 or email ssho@sunnyside.edu.hk





靈實Facebook新形象

進入網絡2.0年代，靈實一直緊貼潮流，運用社交網絡平台，吸引更多人參與靈實的工作，共享資訊，創建靈實大家庭。今年3月，靈實facebook以全新形像示人，至今「靈實心靈」已有接近600位朋友了！新朋友不但有靈實同工，更有同工的家人朋友、義工等，大家都十分活躍，紛紛在牆上留言或轉發「靈實心靈」的小資訊。如果你還未將「靈實心靈」加為朋友，就要快快行動了！

Facebook relaunch

Entering into web 2.0, Haven of Hope is always keen on making good use of digitalization and the prevalence of social media to engage more people to join our ministry and share interesting information. In March this year, Haven of Hope's facebook is re-launched, of which the name is "Soul-Haven of Hope". Up to now, we have got around 600 friends. New buddies include not only our staff, but also friends and family of staff, volunteers, collaborating partners, etc. They are so active in posting on the wall of "Soul-Haven of Hope" or forwarding our post. If you still have not added "Soul-Haven of Hope" as your friend, act now!



Haven of Hope Yee Ming Elderly Day Care Centre Opens

Haven of Hope Yee Ming Elderly Day Care Centre starts to operate from March. Same as other government-subsidized elderly day care centre, nursing care and rehabilitation will be provided to the qualified elderly. This centre is the very first one in Hong Kong which regular service will be provided during extended service hours. Besides, the centre operates almost all year round. In this light, we hope that stress of carers can be alleviated by shortening elderly's time staying at home.



靈實怡明長者日間護理中心開幕

靈實於本年三月底開始，營運將軍澳怡明長者日間護理中心；一如傳統由社署撥款的護理中心，經社署統一評估後，合資格長者可接受護理及復康服務。此中心為全港首間正式將延展服務時段納入常規，開放時間比同類護理中心較長，而且差不多全年無休。我們希望更多長者可以受惠，並縮短獨留長者在家的時間，紓緩照顧者的壓力。

Tianjiu therapy

Tianjiu therapy is a kind of external application of special skin irritant drugs on specific acupuncture points of body or the affected area on specific days of a year for arousing localized hyperemia, blistering or even purulent; just like moxibustion sores. In regulating the meridians, the immunity of organs is adjusted. Disease may be healed as lungs are warmed, sputum is cleared and functions of spleen as well as kidneys are strengthened.

The use of Tianjiu therapy

The drugs mostly used in Tianjiu therapy are rather strong irritants that will bring great stimulus to localized parts, accelerate blood and Qi circulations and reduce swelling effect. Meanwhile, the external application of the drugs may warm meridians, dispel coldness and dampness, regulate numbness, stop pain; and activate the immune system. There has been a folk saying, "cold in sanjiu (or three-nine), hot in san fu." Both "san fu days" and "sanjiu days" are the conclusion drawn through observations for a long time by ancient Chinese regarding the hottest and the coldest time of a year. Employing the characteristics of the "san fu" and "sanjiu" day, Traditional Chinese Medical (TCM) practitioners conduct Tianjiu therapy as kind of specific treatment for patients during these time periods.

Time in applying Tianjiu therapy

What are "san fu days"?

The "san fu days" are three days in summer i.e. "chu fu day", "zhong fu day" and "mo fu day". The third "geng" day after summer solstice as "chu fu day", the fourth "geng" day as "zhong fu day" and the first "geng" day when autumn has begun as "mo fu day". TCM physicians believe that both "geng" day and our lungs are regarded as "gold" in the five elements theory; so the best therapeutic effect for treating lungs can be attained on "geng" day. In addition, it is the time that yang qi reaches the peak of a year, and the tissues between skin and flesh are fully open which facilitates the medicine to easily penetrate through the meridians when it is affixed on a specific acupuncture point on the skin. The medicine will directly reach the patient's affected area through meridians and qi blood circulations; and remove evils of the corresponding organs, improve immunity and prevent winter illnesses. In this way, both healing and preventive purpose can be achieved.

What are "Sanjiu days"?

"Sanjiu days" are in winter, and the "yi jiu" is the first ninth day from the winter solstice; each following nine days will be grouped as a period. The second ninth day is "er jiu", then "san jiu" and so on. Nine days times nine equals eighty-one days, and winter solstice is known as "shu jiu."

The weather is cold during this period of time when the tissues between skin and flesh of human body are not strong enough; thus giving insufficient protection from outside attacks and making the person more prone to respiratory diseases. Therefore, it is good to undertake Tianjiu therapy during these "sanjiu days" as it will dispel coldness and evils, strengthen the zheng qi and improve one's resistance to diseases. It has an excellent preventive effect on asthma, chronic bronchitis, allergic rhinitis, colds caused by frailty, chronic gastritis etc. In addition, the "sanjiu days" Tianjiu therapy may be used as a supplementary and continuous treatment to "san fu days" Tianjiu therapy in order to reinforce the therapeutic effect.

Drugs commonly used in Tianjiu

White mustard seed, ephedra, Yan Hu, Aconitum carmichaelii, cloves, garlic, buttercup (mao gen), mylabris (ban mao), cinnamon, Fructus Evodiae, Herba Asari, Radix Clematidis, chili, pepper, ginger, Atractylodis Rhizoma, Arisaema cum Bile and others.

Clinical application of Tianjiu therapy

- Treatment of allergic respiratory diseases such as asthma, allergic rhinitis, recurrent respiratory tract infections (such as pharyngitis, tonsillitis, bronchitis, bronchial pneumonia, etc.), chronic bronchitis of the aged, colds and other perennial chronic diseases.
- Treatment of deficiency disorders due to incapable organ functions, such as stomachache, chronic colitis, etc
- Treatment of joint pain
- Dysmenorrhea and irregular menstruation

Common reactions to Tianjiu therapy

1. Redness, burning, itching, pain
2. Blistering
3. Pigmentation

Not suitable for people who are/have

- Allergic
- Pregnant women,
- Severe heart disease, severe mental illness
- Skin ulcers etc.
- Fever
- Tuberculosis
- Diseases in liver, kidney and hematopoietic system
- Skin extraordinarily sensitive to drugs or plasters

All abovementioned information is for reference only. Any queries, please consult a registered TCM practitioner.

Chan Eric Yee Kei
Haven of Hope - The Chinese University of Hong Kong
Chinese Medicine Centre for Training and Research

給善長的話

電影《桃姐》榮獲2012年第31屆香港電影金像獎最佳電影，現實真人版的桃姐故事不但真摯動人，更是充滿愛心。

享年九十三歲的「金婆」，生前曾入住靈實樂頤居¹，但樂頤居的單位並不是自購，而是少主人歐陽先生為她購置的。歐陽先生說：「最初我問金婆有沒有想過退休，開開心心過生活，她還以為我們嫌棄她。」他遂向金婆解釋，他們一家希望她服侍主人一家五十多年後，晚年可安舒寫意的生活，於是就買了一個單位送她。金婆其後也很喜歡新居所，潔淨的環境、細心且有愛心的照顧員。歐陽先生每隔兩、三星期就會探望金婆。有一次，金婆不慎跌倒入院，搬到二樓的安頤閣休養，歐陽先生形容金婆雖然身體虛弱，但心境仍然開朗，亦很喜歡周圍的環境。金婆曾提及把所有財產送給他，但被拒絕了，他說：「我不希望別人以為我是貪戀金婆的家產，所以我就提議她立遺囑，把全部遺產捐予慈善機構及教會，她也欣然同意。」

金婆的愛心不但造福了靈實的服務使用者，更樹立好榜樣，宣揚尊重生命，以愛傳愛的精神。如果各位善長希望捐贈遺產，歡迎透過以下方式聯絡我們：

電話：2703 3284

電郵：crd@hohcs.org.hk

地址：新界將軍澳靈實路7號基督教靈實協會傳訊及籌募部

Message to donor

The movie "A Simple Life" won the 31st Hong Kong Best Film Award 2012. Yet, the real life version of the movie is even more touching.

Dying at the age of 93, "Kam Po" had lived in Haven of Hope Jolly Place² which is a gift from her junior master Mr Au Yeung. He said, "I once asked her if she had ever thought of getting retired and enjoy her life. At the beginning, she thought that we no longer want to live with her." He further explained to her that his whole family would like to repay her for her fifty years of service. They all hoped that she would live a decent life after years of hard work. Consequently, they bought her a flat as a gift. Kam Po liked her new home very much as it was clean and well tended by attentive and caring nursing staff. Mr Au Yeung visited her once every two or three weeks. Unfortunately, Kam Po once accidentally fell on the floor and was sent to the hospital. She moved to Jolly Place Care Home (the residential care home for elderly precedingly operated by the Haven of Hope) on the 2nd floor for recuperation thereafter. Mr Au Yeung recalled that at that time Kam Po was frail but she was very fond of the environment. She once mentioned to give all her possessions to him but he declined. He explained, "Well, I don't want other people to think that I'm greedy for her possessions. So I suggested her make a will and donate to charity and church. She readily accepted."

Kam Po's generosity not only benefits other Haven of Hope service users, but also sets a good example to others. This helps promote the spirit of "Respecting Life" and encourage people to pay it forward. If you would like to donate your legacy, please contact us by phone, email or post:

Contact number: 2703 3284

Email: crd@hohcs.org.hk

Address: Communications and Resource Development Department, 7 Haven of Hope Road, Tseung Kwan O, New Territories.

¹ 樂頤居 (包括安頤閣的護理服務) 於2013年10月已交由香港房屋協會直接管理及營運。

² Jolly Place (including Residential Care Home for the Elderly) was directly managed and operated by Hong Kong Housing Society after October 2013.

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We (Haven of Hope Christian Service) intend to use your name, telephone number, email and address for our communication in future, including our fundraising events and donation appeal, but we cannot use your personal data without your consent.

請於方格加上 及簽署，以便本會跟進。

Please to indicate your intention and sign at the end of this statement.

- 本人 **同意** 基督教靈實協會及其服務單位使用本人個人資料傳遞服務通訊、活動宣傳及慈善籌款募捐之用。
I **AGREE** to the proposed use of my personal data.

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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。

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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