

靈感 HAVEN OF HOPE NEWS

89
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專題

THEME

Our mentally disabled buddies are getting old!
我們的智障朋友老了!

Exploring the ageing trend
of the mentally disabled
探討智障人士老年化問題



基督教
靈實協會
HAVEN OF HOPE
CHRISTIAN SERVICE

尊重生命 • 改變生命

Words from CEO

行政總裁的話

親愛的靈實支持者：

祝大家中秋節快樂！中秋是人月兩團圓的日子，古語有云「但願人長久，千里共嬋娟」，每年農曆八月十五，上班一族趕緊回家做節，孩童興奮雀躍，期待晚上玩花燈、吃月餅。家家戶戶歡聚一堂，舉杯邀明月，暢談樂事。每逢節日，住在智障人士宿舍的靈實學員都會回家過節，平日在宿舍受訓生活，與家人長期分開，學員都特別珍惜回家度假的機會。然而，學員近年出現老年化跡象，身體大不如前，有些甚至百病纏身，需要長期臥床，即使假日，他們也未能與家人相聚，除了因為家中的護理設備不足，亦因為學員的家人也年紀漸長，身體衰退，照顧學員難免力有不逮。

醫學昌明，科技進步，智障人士老年化是社會發展的趨勢，也是社福界現正面臨的挑戰。靈實照顧智障人士已近廿載，很多學員入住宿舍時只是二十、三十出頭，與我們並肩走過青蔥歲月，經歷生命各種變化，有喜有悲，猶如一家人。雖然眼見他們老態漸現，比一般人提早進入老年，心裡不免難過，但我們仍然竭盡所能，透過改建宿舍裝置，加添護理設備，設計營養餐單，希望智障人士有強健體魄，舒適的居住環境，逆流而上。今期靈感訪問了皮膚科史泰祖醫生及張國柱議員，他們會為讀者親自剖析智障人士老年化對個人家庭及社會帶來的影響。

德蘭修女曾說：「非人人都可幹大事，然而我們每人都可以為小事注入大愛。」我們不能逆轉智障人士老年化的趨勢，但我深信只要社會上人人都伸出援手，智障人士同樣都可以像長者一樣安享晚年。你的支持將成為我們的動力，繼續延展智障人士及其照顧者的希望！

行政總裁

林正裁醫生

Dear Haven of Hope Supporters,

Happy mid-autumn festival! Mid-autumn festival is a big day for family reunion in Chinese culture. A stanza of a famous Chinese poem says, "May all be blessed to live long and people, afar or nearby, rejoice at this full-moon night." On that day, all family members will hurry home and gather together to enjoy a big feast, share the laughter, while the kids play with the lanterns and eat mooncakes. Likewise, the mentally disabled, residing and receiving special training in the Haven of Hope rehabilitation hostels, also cherish such precious family time and used to return to their own home during the festival. However, as their physical conditions deteriorate dartingly as they age, some of them have become less mobile or even bed-bound for most of the time. Even during public holidays, they cannot return home either because of not having adequate health care equipment at home, or due to the ageing of their family members who are unlikely to take care of them.

Modern society is characterized by medical advancement, scientific and technological progress. Concurrently, such trends inevitably bring about ageing amongst the mentally disabled. This poses a great challenge to the welfare sector. Haven of Hope Christian Service is dedicated to serving the mentally disabled for almost two decades. As a matter of fact, many of our hostel residents were admitted since young adulthood. We have been walking with them side by side through every ebb and flow in lives; sharing joy and sorrow like family members. Although we are saddened to see them ageing more quickly than normal people, we never give up. We endeavour our utmost to improve our hostel facilities, health care equipment and nutritional diet. We hope that our hostel residents will grow better and stronger. In this issue, we have interviewed Dr. Louis Shih, a dermatologist, and Honourable Legislative Councilor Mr Peter Cheung Kwok Che, who will share how the ageing of the mentally disabled impacts their family and society as a whole.

Mother Teresa said, "Not everyone is destined to accomplish a big task. But each of us can instill agape to every minute matter." Definitely, ageing of the mentally disabled is irreversible. But I do believe that if all of us stretch out our helping hand to embrace them, they will age as graciously as their elder counterparts do. With your support, we thrive on to ignite the hope of the mentally disabled and their carers.

Dr. Lam Ching-choi
Chief Executive Officer

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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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探討智障人士老年化問題

香港人口老化是不爭的事實，然而大家的焦點往往集中討論如何優化安老配套，助長者頤養天年，較少人關注智障人士老齡化問題。世界衛生組織指，唐氏綜合症、腦麻痺患者及其他智障人士較一般成年人早出現老化的特徵。社會暫時還未制定統一的標準鑑定智障人士踏入老化的年齡，但愈早研究相關的措施則有助紓緩智障人士老齡化帶來的影響。



專訪史泰祖醫生

「她是上天給我的恩典！我和太太也覺得很幸福！」皮膚科醫生史泰祖醫生每當談到女兒時，面上總帶點笑意，旁人也感受到他的幸福和滿足。

史醫生的女兒丹丹出生時被診斷患有唐氏綜合症，自女兒出生後，雖然要克服很多困難，要花更多時間照顧及教導她，但每當他成功克服困難時亦特別有滿足感。史醫生覺得丹丹是上天送給她的禮物，有了這個女兒後，家庭成員的關係亦變得更緊密。丹丹的哥哥和妹妹目前身在外地工作，但三兄妹經常透過通電話或短訊聯繫，而丹丹每天返工放工也會利用智能電話發短訊通知爸爸。

一般人總以為患有唐氏綜合症的人很需要照顧，但並非人人如是，丹丹就是一個好例子。史醫生形容女兒是一個很懂事、自律且有責任感的人，每晚準時睡覺、去旅行前為自己訂素食飛機餐、又會提醒爸爸要節制飲食，並勸告爸爸早睡。雖然女兒很獨立，但史醫生仍然擔心她的將來。

「我已是較幸運一群，是專業人士亦很努力工作，又為女兒成立了基金為未來籌謀，但畢竟我最記掛就是這個女兒，總有一天我會離開這個世界，很擔心她接受不來。」史醫生說。

史醫生續稱：「有時在商場看見一些年紀大的父母帶著四五十來歲的智障人士，心裡也會很感嘆，我亦相信他們的父母也會擔心子女的未來。」當父母離開人世後，這批年老、身體又出現衰退的智障人士又有誰來照顧呢？

史醫生希望政府可以多點關注智障人士老齡化問題，例如為年長的智障人士提供更多護理、就業支援及提供檢測認知障礙症服務，保障他們年老的生活。



丹丹酷愛美食與旅遊
Dan Dan loves food and travel

Exploring the ageing trend of the mentally disabled

The ageing trend in Hong Kong is irreversible. Nevertheless, our current discussion mainly focuses on mapping out policies to let our elderly “age in place”. Very few are concerned with the ageing trend amongst people with intellectual disabilities. The World Health Organization points out that the mentally disabled, particularly those with Down’s syndrome or cerebral palsy, are more prone to premature ageing. Till now, there is no consensus on the specific age at which people with intellectual disabilities start ageing; yet, the earlier we formulate remedies, the better we can prepare to accommodate this trend well.



Interview with Dr. Louis Shih

“Both my wife and I feel very blessed! Dan Dan is really a gift from God!” said Dr Louis Shih, a dermatologist, wearing a grin on his face, radiating with an ambience of fulfillment and contentment whenever he talks about his daughter.

Dan Dan was diagnosed with Down’s syndrome at birth. Yet, Dr. Shih is grateful despite extra efforts in nurturing his princess since childhood. In particular, he feels contented after overcoming hurdles and hurdles of difficulties. To Dr Shih, Dan Dan is a blessing – a precious gift from God that strengthens the family’s bonding which has now become much closer these days. At present, Dan Dan’s siblings are working overseas. The three of them are intimately connected through frequent long-distance calls or text messages. Besides, Dan Dan texts her dad every day on her journey to and from work.



丹丹性格開朗，為史醫生一家帶來無盡歡樂
Dan Dan's outgoing personality has brought the whole family endless joy

Many people reckon that people with Down’s syndrome may inevitably need extra care. Nevertheless, the degree of care varies from case to case; Dan Dan is a special case. In Dr. Shih’s eyes, Dan Dan is sensible, self-disciplined and responsible. She adheres to her regular bed time schedule and makes reservation for her own vegetarian meals prior to a flight. She even reminds her dad to sleep early and eat healthy. Notwithstanding Dan Dan’s independence, Dr. Shih is at times worried about her future.

“I am already very fortunate because I am a professional. I work very hard. I have even set up a fund for my daughter’s future. Yet, I am still worried about her. I am afraid when I passed away, she will find it hard to accept.”

Dr. Shih continued, “I’m upset when seeing the mentally disabled in their middle-age, being accompanied by their parents in shopping arcades or on street. Out of empathy, I can fully understand how anxious these parents are.” He would also question himself deep down: *Who would look after them after their parents’ departure; or when their own health exacerbates?*

Dr. Shih hopes that the government can be more attentive to policy implementation in relation to the ageing of the mentally disabled. For instance, more health care services, cognitive impairment assessment and vocational support should be provided for those mentally disabled showing ageing symptoms. This can ensure them a better aged life.



專訪張國柱議員

「智障人士壽命延長是好事，證明智障人士服務做得好，醫療照顧進步；但由於他們四十歲就開始出現老化徵狀，如骨質疏鬆、高血壓、牙齒脫落等，但又未夠六十歲，不能接受長者服務，而復康單位也未有針對智障人士老年化的照顧方案，例如如何照顧認知障礙症智障人士，這會加劇他們的老化速度。」張國柱議員坦言。

張國柱是立法會社會福利界議員、資深社工，行內工作超過四十年，積極為業界及服務使用者向政府爭取資源，協助紓緩智障人士老年化帶來的影響。張議員認為政府及市民大眾都有必要正視智障人士老年化的現實，保障智障人士的權利：「長者六十五歲或以上可以用兩元乘車優惠；七十歲或以上可以享用醫療券，智障人士雖有老化徵狀，卻未能同樣享用這些優惠。」張議員指出業界現行最大的困難是資源不足，人手不夠，嚴重缺乏治療師為智障人士加強復康訓練。此外，「雙老」問題惡化，很多在家照顧老化智障子女的都是年長的父母：「七十多歲的父母要照顧四十多歲的智障子女，確實好難受，大家身體機能都差不多，父母惟有希望子女快些入住宿舍，可是輪候智障人士宿舍一般要超過十年。」張議員無奈表示。

張議員認為改革復康服務是出路，政府曾於2005年推出「職業康復延展計劃」(Work Extension Programme)，為五十歲或以上、因年老或工作能力衰退而無法繼續日常工作訓練的底護工場或綜合職業康復服務中心學員，提供更切合他們的訓練和照顧需要的服務，包括維持工作能力活動、社康及發展活動，維持學員健康及整體生活質素。早前，勞工及福利局轄下的康復諮詢委員會亦統籌醫護人員進行智障人士老年化研究，確認老年化主要特徵，相關結果已於六月公布，期待政府不日推出對策。

感恩的是，時代進步，現在智障人士照顧者都非常團結，敢於為子女發聲，家長互相支持，願意多走一步；社會服務機構也在緊絀的資源下，積極為服務使用者提供最優質的照顧：「靈實是做實事的機構，地區有需要，就盡力滿足，服侍的人都是社會上最需要照顧的，如果可以的話，當然希望市民有錢出錢，有力出力。」張議員向靈感讀者呼籲。

Interview with Mr Peter Cheung

The Honorable Legislative Councilor Mr Peter Cheung Kwok Che admitted, “I am pleased to witness that the mentally disabled tend to live longer today. This is partly attributed to a great improvement in the services provided; and partly to medical advancement. However, the ageing symptoms start to emerge when they are at their forties; such as osteoporosis, high blood pressure, tooth loss, etc. As a matter of fact, they are not entitled to any elderly services until they reach 65, worse still, most of the existing rehabilitation homes may not be offering any health care service particularly catered to the mentally disabled elders. For instance, in general, there is a lack of basic knowledge about the care for the mentally disabled with dementia and thus the illness drastically aggravates their ageing conditions.”

As a Legislative Councilor (Social Welfare) and a veteran social worker for more than four decades, Mr Cheung endeavours to arouse public and government awareness towards the plight of the mentally disabled and advocate better social welfare for them. Now there are initiatives for the elderly such as \$2 concessionary fares for people aged 65 or above; and medical coupons for those aged 70 or above. Notwithstanding that the mentally disabled may squarely be entangling with a menu of ageing symptoms, they are not eligible for these benefits should they have not reached the age limit. Mr. Cheung further pointed out, “The major problems prevailing in the industry are inadequate resources and understaffing, especially an acute shortage in professional therapists for better rehabilitation training.

In addition, as the phenomenon of “Duo Aged” worsens, many of the caregivers of the mentally disabled elders at home are ageing themselves. He sighed, “It is so heartbreaking to see parents aged over 70 looking after a fortyish mentally disabled offspring. In fact, both of them are physically deteriorating. What the parents anticipate is to send their offspring to rehabilitation homes. However, this normally takes more than a decade.”

He reckoned that the only solution is to undergo a reform in the rehabilitation policy. Since 2005, the government has implemented the “Work Extension Programme” that aims at rendering tailor-made training and health care services to sustain community health and working ability, personal development, social and recreational needs of the mentally disabled; and thus enhancing the overall quality of life for those aged 50+ service users who are working in shelter workshops or rehabilitation centres and are physically too frail for vocational training. The Rehabilitation Advisory Committee under the Labour and Welfare Bureau had initiated a medical team to conduct research on the ageing of the mentally disabled; and the results of the study were released in June. It is hoped that the government will become more sensitive in policy implementation in this area.

It is pleased to see that as time goes by, the caregivers and families of the mentally disabled have become more united and supportive of their children. They dare speaking up publicly and are ready to take an extra step. Despite tight budget, social service organizations thrive to render optimal services for their service users. Mr. Cheung appealed to all Haven of Hope News readers, “Please give HOHCS your support, be it financially or physically, as HOHCS always tries her utmost to serve the most vulnerable groups in community.”



資助復康院舍配套不足 靈實為學員多走一里路

香港地少人多，房屋問題一直困擾香港人。現時的資助智障人士宿舍大多早於七、八十年代興建，當時香港開展十年建屋計劃，為市民提供設備齊全、環境衛生的公共房屋單位，並配合社會福利政策，於部份公屋低層設置智障人士宿舍。及至九十年代後期，公屋興建速度放緩，而土地發展轉變，新建屋邨地下或即將重建市區亦未有增設宿舍，智障人士宿位嚴重不足。政府數據顯示，全港約有四千人正輪候資助嚴重智障人士宿舍，平均輪候時間超過十年。即使成功入住智障人士宿舍，設施老化、人手不足、學員需要改變都令宿舍難以應付智障人士老齡化隨之而來的問題。

「入住政府資助智障人士宿舍的學員沒有年齡限制，要為年長學員度身訂做適切的服務有一定難度。」靈實住宿復康服務資深社工羅姑娘指出。由於學員年紀漸長，院舍需要添置醫院床，照顧身體虛弱，長期卧床的學員；此外，天花吊機(ceiling hoist)及移動式吊機(mobile hoist)能迅速移動無法走動的學員，照顧員可不用靠人手移動學員，減少工傷機會，而增加扶手，改建浴室也能避免學員跌倒。然而，此等增建或改建都不包括在政府資助範圍內。

基督教靈實協會早於九十年代初開始服侍智障人士，現在共有四間智障人士宿舍，服務接近二百名學員，其中，29人愈50歲；61人年屆41至50歲，即接近一半學員正步入老年。靈實寶林日間活動中心暨宿舍自1996年開始，服務單位為15歲或以上的嚴重智障人士，提供家居式住宿服務、日間照顧、日常生活和簡單工作技能的訓練，在起居及護理方面全面照顧學員。中心接近廿年歷史，院內有小斜坡，增加學員輪椅進出的困難。再者，部分門廊的高度亦未符合現代化院舍標準。

復康院舍的設施並不適合照顧長者，而殘舊的院舍設備也漸漸未能切合智障人士的需要：「要聘請人手照顧年老的智障學員可說是難上加難。」羅姑娘無奈指出。她認為即使年長的智障學員遷往安老院舍也未必是良策，因為學員大半生都生活在一所院舍，要他們重新適應新環境及新的照顧人員不是易事。

現時，靈實依賴善心人士的捐助，為智障學員添置營養補充品，如牛奶、鈣片、維他命C水溶片，減低學員跌倒或患感冒的風險，然而，我們仍然需要額外添置復康儀器，推行生死教育，陪伴學員走過人生最後一段路。若你有感動，希望幫助被社會遺棄，卻急需援手的智障人士，你可填妥靈感背頁的捐款表格。



Haven of Hope is walking an extra mile for mentally disabled service users by topping up the services

Overpopulation and land scarcity have contributed to the housing shortage in Hong Kong for long. Many existing subvented rehabilitation hostels were established between the 1970s and 1980s during which the Hong Kong government started a series of 10-year housing plans to provide fully-equipped public housing units of better hygiene. Moreover, in response to the social welfare policy, the lower-storey of the public housing estates was usually reserved for rehabilitation hostels. Yet, owing to the slower pace in the construction of public housing in the late 1990s and the changes in land use, space reserved for rehabilitation hostels has drastically dwindled. This led to an acute shortage of hostels for the mentally disabled.

According to government statistics, there are currently around 4,000 applicants waiting for a place in subsidized hostel for severely mentally disabled and it takes applicants on average more than a decade to move in. Besides, the lack of staff and the incurred changes in training needs of the service users have posed gigantic challenges to non-government organizations in coping with the problems that come along with ageing trend of the mentally disabled.

“Since there is no age threshold to be admitted to publicly funded rehabilitation hostels, it is hard to tailor-make health care service for the elderly service users,” said Ms Law, an experienced social worker of Haven of Hope Rehabilitation Services. As service users age, the hostel needs to buy extra hospital beds for the frail and bed-ridden ones. In addition, to optimize transfer of hostel residents, proper installation of ceiling hoists and mobile hoists are needed. The revamp can effectively enhance occupational safety and in return protect the health care staff. Besides, extra handrails have to be added in bathrooms to prevent falling accidents. However, all these additions and modifications are not included in public funding.

Haven of Hope Christian Service (HOHCS) has started serving the mentally disabled since the early 1990s. At present, HOHCS runs four rehabilitation hostels, which serve about 200 service users. Amongst them, 29 are over 50 years old; 61 aged between 41 and 50; and altogether they account for nearly half of the total number of elderly service users. Haven of Hope Po Lam Day Activity Centre cum Hostel commenced service since 1996 where service users receive a comprehensive package of daily health care and/or day-time care. Service users will learn activities of daily living and receive simple vocational training. Due to the slanting landscape, this almost two-decade-old hostel is inconvenient to clients in wheelchair. Moreover, the heights of some foyers also fail to comply with the standard of a modernized hostel.

“A rehabilitation hostel is not designed for taking care of the elderly users; and as time goes by, the dilapidated rehabilitation home cannot accommodate changing needs of our clients,” Ms Law sighed, “It is even harder to recruit staff to care for the mentally disabled elders.” Yet, she disagreed with the idea of moving the clients to another old aged home as she reckoned many of them have resided in the hostel for a long time, it is therefore not easy for them to adapt to a new environment and a new crew of care staff.

At present, HOHCS thrives on donations to buy nutritional supplements for the mentally disabled such as milk, calcium and vitamin C supplements, to prevent users from falling and catching cold. In addition, HOHCS needs additional funding to purchase more rehabilitation equipment, promote life education, to walk with service users during their final years. If you wish to give a helping hand, please fill in the donation form attached at the back of the newsletter.

靈實寶林日間中心暨宿舍治療室設備簡陋
Haven of Hope Po Lam Day Activity Centre
cum Hostel's therapy room is poorly equipped



Respecting Life Blog

尊重生命Blog

靈實社區健康發展中心 Community Health Development Centres



轉瞬間，故事義工隊已成立十年，透過分享故事，小朋友學習生命與成長，親子共讀，義工亦能發揮潛能。
Time flies, this year marks the 10th year anniversary of our story-telling volunteer team. Through stories, kids learn about life; parents read with their kids; volunteers develop their talents.

義工隊多年來在中心、學校及特殊學校舉辦不同主題的故事工作坊及長期故事小組，舉行家長故事訓練，並設立書包圖書館。
Our volunteer team organized various kinds of story-telling workshops as well as a story-telling group. They helped in training parents to tell stories and set up a "Book Bag Library".

靈實長者地區服務中心 District Elderly Community Service Centres



港鐵公司「鐵路人 鐵路心」計劃成立十年以來，義工為靈實的長者舉辦超過五十項活動，曾一起參觀恒香製餅廠、暢遊黃金海岸，更一同共享盆菜。
In these ten years since the launch of MTR Corporation's "More Time Reaching Community" programme, its volunteers have organized over 50 activities for elder from Haven of Hope District Elderly Community Service, such as visit to the factory of Hang Heung Cake Shop and the Gold Coast. They also enjoyed a poon Choi feast together.



港鐵義工隊長之一的仇潔微女士(左二)曾數次收到長者的感謝信，長者除了讚揚義工細心外，更欣賞他們親切的笑容。

Nora Chow (second from left), one of the volunteering project leaders received several appreciation letters from the elders who commended volunteers' caring attitude and their cheerfulness.

靈實長者日間暨復康中心 (港島東) Haven of Hope Day Care Cum Rehabilitation Centre for Elderly (HK East)



扶抱技巧訓練。
Manual lifting training.



舒壓技巧之香薰治療體驗 – 參加者正在以自製的香油進行按摩。

Trial workshop on aromatherapy for stress relief – participants are using self-made essence oils for massage therapy.

靈實司務道寧養院

Haven of Hope Sister Annie Skau Holistic Care Centre



手工班的「同學仔」認真製作絨條花。
A "Student" of our handicraft workshop was very serious in her doing her artwork.



義工團體－「實動男」巡迴院友房間，以無伴奏合唱方式表演經典金曲，如「我的心裡只有你沒有他」、「叉燒包」，為院友帶來歡樂。

"Set Tone Men" – a volunteer group came to visit our residents and brought them much joy by singing classic songs in a cappella, e.g. "You are the one in my heart, without anyone else", "pork chop bun", etc.



院友領聖餐。
Elderly residents enjoying Holy communion.

靈實醫院

Haven of Hope Hospital



靈實醫院六十周年開放日於6月27日隆重舉行。
Haven of Hope Hospital Open Day was held on 27 June.



公眾人士透過小遊戲了解靈實醫院服務。
Through games, the general public got to know more about the hospital services.

靈實恩光成長中心

Haven of Hope Enabling Centre



6月13及14日舉行的「成長在恩光」慈善音樂會已圓滿結束，為靈實恩光成長中心籌得超過250萬元，單是兩場音樂會的即場募捐共籌得超過18萬元。

Haven of Hope Sunnyside Enabling Centre Charity Concert was successfully held on 13 & 14 June. A total of HK\$2.5 million was raised, including HK\$180,000 from the on-site donations during the two shows.



感謝主禮嘉賓馬時亨教授及眾表演嘉賓鼎力相助。特別鳴謝以下善長仁翁，包括蘋果日報慈善基金、陳標先生、曾世明先生、舜禹慈善基金會、Century Future Group Limited、張術芳女士、陳念聰醫生伉儷、盧婉程女士、UOB 大華銀行、嘉諾撒聖心書院小學下午校退休老師及校友、安基幼稚園暨國際幼稚園，共同喚起社會對智障人士的關注。

Thanks to Professor Frederick Ma (officiating guest) and all the artistes for bringing an enjoyable evening. Special thanks to the following donors, including Apple Daily Charitable Fund, Mr Chan Biu, Mr Tsang Sai-ming, Shun Yu Charitable Foundation, Century Future Group Limited, Ms May Cheung, Dr and Mrs Chan Nim-chung, Ms Lo Yuen-ching, United Overseas Bank Ltd., retired teachers & alumni of Sacred Heart Canossian College, Primary School (PM Session) and Anchors Kindergarten and International Nursery. Together, we helped arouse public concern for the needs of the mentally disabled.

靈實耆樂餅慈善義賣 助長者安享豐盛人生二十年

靈實耆樂餅慈善義賣今年已踏入二十周年了！今年目標籌款額為180萬，為靈實長者服務籌募經費，盼望長者為社會奉獻大半生青春後，可以獲得適切的護理、復康、社交康樂服務，享受黃金歲月，飛躍晚年。

靈實耆樂餅慈善義賣一直為未獲得政府資助的靈實長者服務籌募經費，「2014關愛樂同行」義工計劃是其中一個受惠項目。計劃資助約150名長者學習一項全新興趣，並成為才藝義工。70歲的水哥是義工之一：「我在中心學魔術，回家繼續練習，曾經在宏利人壽保險公司晚宴上為300多名長者表演，我覺得既開心又自豪。」水哥同時是靈實護養院的義工，他強調義工生活很充實，能回饋社會，提升自信。「靈實這個計劃真好，提供機會給長者學習新事物，服務人群。我不喜歡行公園，又不喜歡逛街，如果不做義工，簡直是浪費人生！」水哥在家中也努力練習魔術，更自費購買用具，希望減少表演出錯。

今年，麥兜繼續成為耆樂餅主角，並設有普通裝（麥兜多用途袋連三件奇華合桃酥，義賣價港幣\$20）及禮盒裝（麥兜精品連12件奇華合桃酥，義賣價港幣\$100），以供選擇，請即訂購或捐餅，亦可由四至六人組隊參與10月31日及11月1日公開義賣！

耆樂餅普通裝
“Qile” Cake Regular Pack



耆樂餅禮盒裝
“Qile” Cake
Deluxe Pack



Haven of Hope Qile Cake Charity Sale helps HOHCS's elderly to live a fuller life for 20 years

The Haven of Hope Qile Cake Charity Sale is entering into its 20th anniversary! We target to raise \$1.8 million for HOHCS's elderly services. Our seniors have dedicated themselves to serving Hong Kong. They should be rewarded with appropriate health care, rehabilitation, social and recreational services that can sustain them to live well in golden age.

Haven of Hope Qile Cake Charity Sale raises fund for HOHCS's non-government funded elderly programmes. “Walking hand in hand with love and care 2014” was one of the beneficiary projects supporting about 150 elders to explore and acquire a new interest; in return, they shared their experience with other people. Uncle Water (aged 70), a programme beneficiary shared, “I learnt magic in the programme and practiced a lot at home. I'm so excited and proud that I once performed magic in front of 300 elders at Manulife Dinner.” At the same time, Uncle Water is also a volunteer of Haven of Hope Nursing Home. He pinpointed that by learning magic, he gained greater self-confidence; got a chance to contribute; and found life much more meaningful. He further elaborated, “This initiative is excellent indeed! Not only does it provide the elderly a good chance to learn something new; but it also gives us an opportunity to help the others. I don't enjoy walking in the park or shopping... it's just a waste of time.” Uncle Water practises frequently at home; he even buys tools to ensure he performs well.

McDull is, again, the main character of Qile Cake Charity Sale 2015. Two kinds of packages are available: regular pack (HK\$20) and a deluxe pack (HK\$100). Regular pack consists of three pieces of Kee Wah walnut cookies packed inside a McDull multi-purpose bag. Deluxe pack comprises a McDull's gift and a dozen of Kee Wah walnut cookies. Act now and place your order. We also need volunteers to help with Qile Cake Charity Open Sale on 31 October and 1 November. Please support us!



靈實耆樂餅訂購 / 捐餅 / 捐款表格 Cake Order / Cake Donation / Donation Form

請以正楷填寫下列表格，並在適當的方格加上「☒」號。*請刪去不適用者
Please fill in the form in BLOCK letters and "☒" the appropriate boxes.
Delete wherever applicable

姓名 Name: _____ 先生 / 太太 / 小姐 Mr/Mrs/Miss

聯絡電話 Contact No.: _____

地址 Address: _____

電郵 Email: _____

收據抬頭 Name on receipt: _____

靈實耆樂餅 Haven of Hope Qile Cake	義賣價 Charity Price	訂購數量 Cake Order	捐餅數量 Cake Donation	總數量 Total Quantity	合共 Sub-total
耆樂餅普通裝 "Qile" Cake Regular Pack (包括3件裝奇華合桃酥) (3 pieces of Kee Wah Walnut Cookies)	HK\$ 20	袋/pack	袋/pack	袋/pack	HK\$
耆樂餅禮盒裝 "Qile" Cake Deluxe Pack (包括12件裝奇華合桃酥及麥兜精美禮品) (12 pieces of Kee Wah Walnut Cookies & McDull Premium)	HK\$ 100	盒/box	盒/box	盒/box	HK\$
總額 Total					HK\$

訂餅 Cake Order

取餅方法 Collection Method: ☐ 自行到本協會領取 Self pick up

☐ 郵寄餅券 Cake Redemption Coupon (可於公開義賣日指定攤位換領 Can be redeemed at designated counter during Open Sale)

訂購收據 Require Cake Order Receipt*: ☐ 需要 Yes ☐ 不需要 No *註Remarks: 訂購餅收據不能作減稅之用 Cake order receipt cannot be used for tax deduction.

送貨地址 Delivery address (免費送貨只適用於訂購滿\$2,000或以上 Free delivery service only applicable to order of HK\$2,000 or above):

收貨人 Name of Recipient: _____ 電話 Contact No.: _____

捐餅 Cake Donation

*捐贈100份以下將由本會自行安排送予靈實轄下長者中心或院舍 For donation of less than 100 packs, we will deliver the cakes to HOHCS' service units.

訂購收據 Require Cake Donation Receipt: ☐ 需要 Yes ☐ 不需要 No

☐ 請代本人 / 本機構將耆樂餅捐贈給以下指定團體 (捐贈100份或以上)

Please donate the cakes to the solitary elderly or elderly at elderly homes on behalf of me/my organization (donation of 100 packs or above):

機構名稱 Name of Organization: _____

地址 Address: _____

捐款 Donation

本人 / 本機構樂意支持靈實長者服務，並願意捐助港幣

I / My organization would like to support the elderly service of Haven of Hope Christian Service, and donate (in HK\$):

☐ \$2,000 ☐ \$1,000 ☐ \$500 ☐ 其他 Others _____

捐款收據抬頭 Name of recipient on donation receipt: _____

付款方法 Donation / Payment Method:

☐ 劃線支票¹ (祈付「基督教靈實協會」) Crossed cheque¹: (Payable to "Haven of Hope Christian Service")

☐ 直接存入戶口¹ Direct Deposit: Bank of China Account 中國銀行戶口: 012-874-0-012319-5

☐ 信用卡 Credit Card (請將填妥之表格直接傳真至 2702 8173 Please fill in the form and fax via 2702 8173)

☐ Visa ☐ Master ☐ Diners ☐ AE

持咭人姓名 Cardholder Name: _____ 信用卡號碼 Card Account No.: _____

有效日期 Card Expiry Date: _____ 持咭人簽署 Authorized Signature: _____

備註 Remarks:

1. 請將支票或銀行入數收據及已填妥的表格一併寄回本會(新界將軍澳靈實路7號基督教靈實協會傳訊及籌募部)。Please send cheques or deposit slips together with this form to "Communications and Resource Development Department, Haven of Hope Christian Service, 7 Haven of Hope Road, Tseung Kwan O, New Territories, Hong Kong".
2. 捐款港幣\$100或以上，將獲發減稅收據。Tax deductible receipt will be given to donation / cake donation of HK\$100 or above.

白衣天使知多少？

護士在很多人心目中是白衣天使，形象專業，膽大心細，負責病人的起居飲食、傷口護理等。今期靈感訪問了阿恒和Mocha，兩位靈實護養院的登記護士，告知大家護士專業背後鮮為人知的趣事。



記：靈實記者 / M:Mocha / 恒：阿恒

記：為何護士要戴護士帽？

M：現在很少護士會戴帽，以前戴帽是因為要維持專業形象，是傳統。

恒：雖然不用戴帽，但長頭髮的姑娘一定要把頭髮夾起，要扎髻，不可扎馬尾，因為護士需要負責處理傷口，披頭散髮可能會導致傷口感染。

記：工作最怕遇上的人與事？

M：有時會遇上一些病人家屬不太明白護養院的情況，覺得院舍未能滿足他們的要求，例如有些很抗拒把長者送往醫院，但院舍的設備、藥物有限，他們的堅持未必對院友有利。

恒：都沒有特別害怕遇上的人與事，只是見過有些院友由於年青時沉迷賭博或曾發生婚外情，與家人關係惡劣，所以入院後親屬較少探訪，亦有些院友只有社工監護人定期探望，協助處理財物等事宜。

記：一天中最忙的時間？

恒：其實日日都很忙，有不同事情要處理，洗傷口、協助院友進行鼻飼喂餵食，派藥，與文職工作不一樣，難有小休時間。

M：流感高峰期還要替院友打針，進行感染控制，長假期特別多院友患病。

記：為何護士姑娘有些穿褲，有些穿裙？

恒：每間醫院都不一樣，醫院管理局也沒有一致規定，不過有些醫院現在開始規定護士穿運動型制服，方便工作。

M：但Sister，即護士長一般都會穿裙。我自己都渴望穿護士裙，感覺很護士，切合白衣天使的形象，哈哈。但始終穿褲比較方便工作，尤其需要扶抱的時候。

恒：呀……護士姑娘懷孕期間都可以選擇穿裙的。

記：護士在院舍和醫院的工作有何不同，為何選擇到院舍工作？

恒：院舍的工作主要是負責照顧院友起居飲食及護理，而在醫院，護士則需要護理來自各區病人，可以是急症，也可以外科、內科，牽涉不同病理痛症，情況較院舍複雜。

M：我一開始在靈實從事照顧員工作，阿恒是活動工作員，因為對護理行業有興趣，報讀了社福界登記護士課程，進而投身安老院舍護理的工作。其實，在醫院可以接觸不同類型病人，學習多樣照顧模式，使用先進的儀器，挑戰很大。

記：如何適應輪班工作？

恒：初初很難適應，但實習時開始要輪班，凌晨兩、三時最疲累，尤其轉返通宵更前，一定會連早更，中間那段時間一定要回家休息，否則會體力不支。

M：一開始要靠咖啡，現在工作忙碌，所以一回家可以立即入睡。

恒：其實做護士都知道要輪班工作的，所以身邊的同行都很少不能夠適應，如個人原因不能輪班工作，可以申請到診所或日間中心工作，工作時間較穩定。

記：當護士遇過最尷尬的事？

M：初時在醫院實習要照顧年青病人，替他們換片，都會有些尷尬，但後來慢慢都習慣了，而且很多時並不會自己單獨護理男院友。

恒：我就未遇過尷尬事，可能因為無論在醫院或院舍都不會讓男同工照顧女病人。

記：男護會否特別需要幫忙一些與體力有關的工作？

恒：男護都需要協助搬抬或扶病人上床下床，幸好現在男生入行的人數已增加。

M：但男護仍然是稀有動物，我讀護理班時全班90個同學，只有八至九個男生。

後記：護士的工作一點都不簡單，要照顧情況不一的病人之餘，也要掌握良好的溝通技巧，向病人家屬解釋病人的情況，工作十分忙碌，同時要迅速應付突發情況，少一點危機意識也不行，「白衣天使」的美譽絕非浪得虛名！



兩位白衣天使Mocha (左)及阿恒(右)
Two "Angels in White" – Mocha (left) and Ah Hang (right)

How much do you know about nurses?

The projected image of a nurse varies from person to person. To many, nurse is an “Angel in white” who is bold yet meticulous in taking care of patients. In this issue, we have interviewed two enrolled nurses from Haven of Hope Nursing Home: Ah Hang and Mocha, who will unveil the nursing profession for us.

R: Haven of Hope News Reporter / M: Mocha / H: Ah Hang

R: Why does nurses wear a hat?

M: Today fewer nurses wear it. The practice was originated from a tradition to uphold the nurse’s professional image.

H: Though we need not wear a hat nowadays, those with long hair must tie it up. Since we always need to treat patients’ wounds, disheveled hair may easily cause infection.

R: In your daily duty routine, what kind of people you find most challenging to deal with?

M: Maybe it’s the case when the patient’s family lacks understanding and knowledge about nursing home. They do not trust we can meet their needs; for instance, they might insist not sending the sick elderly to hospital but this would jeopardize the elderly due to the limitation of equipment and medical supplies in our home.

H: Not much to me. Instead I felt for those patients who have no one to visit due to broken relationship with their family. Only their guardians, usually a social worker regularly visits them to deal with financial matters.

R: When is the most hectic time during the day?

H: Well, life here is busy all the time. Most of the time we have to juggle with different tasks – cleaning wounds; helping the elderly with rise-tube feeding; and distributing medicine. Different from clerical work, we hardly afford to have a break.

M: During the peak flu season and long holidays, we are busy injecting influenza vaccine for residents.

R: Why do some nurses wear pants and others wear dresses?

H: Nurse uniforms vary from hospital to hospital. Hospital Authority does not impose any regulations in this area. However, some hospitals have started formulating guideline that nurses could wear sporty uniform for the convenience of work.

M: But “Sister” or most commonly known as chief nurse often wears a dress. Ha! I myself long to wear it, too. It makes me feel more like a nurse and better fits the image of nurse. But definitely it’s more convenient to wear pants at work especially for manual lifting.

H: Aah... pregnant nurse can also choose to wear dress.

R: What are the differences between working in nursing home and hospital? Why do you choose to work in nursing home?

H: The major task working in nursing home is to look after the residents including their diet and nursing treatment. But in hospital, it’s rather different, a nurse has to deal with patients suffering from all kinds of illnesses. They may be cases of emergency, pain management, surgery, etc. No doubt, it will be far more complicated.

M: I started working as a personal care assistant in Haven of Hope. Ah Hang was previously a programme worker. We are passionate in taking care of the needy, so we joined the enrolled nurse training programme for the welfare sector few years ago and starting working in Haven of Hope Nursing Home upon graduation. To me, working in a hospital where I can learn to deal with different cases with diverse nursing knowledge is challenging. I will also have the chance to use advanced medical equipment.

R: How did you adapt to shift duty?

H: At the beginning, it was quite difficult. Actually we started working on shift since practicum. During that time, I was extremely sleepy from 2 to 3a.m. because a Night Shift must be preceded by an “A-shift” (i.e. a duty roster from 7a.m. to 1p.m.). I must go home and take a nap to recharge. Or else, I will be worn out.

M: At the beginning, I got used to rely on coffee. But now I could fall asleep immediately when I go back home.

H: Actually, we expect shift duty before we were admitted. So, we do not have difficulty to adapt. Even if we do have problem; such as the burden of taking care of family, we can apply for jobs in clinics or day care centres where working hours are more regular and stable.

R: As a nurse, have you ever come across any embarrassing incidents?

M: When I had practicum in hospital in my early years, I felt embarrassed to change diapers for young patients. But as time goes by, I become more accustomed to it. In fact, female nurses rarely need to handle male patients individually.

H: So far I have not come across anything embarrassing. Maybe because male nurses are not allowed to look after female patients, be it in hospital or nursing home.

R: Will the male nurses be required to take up more manual work?

H: Male nurses will be asked to help lifting and transferring the patients and assist them to go to bed or get out of it. Fortunately, the number of male recruits have recently increased.

M: Nevertheless, male nurses are still rare species. When I was a nurse student, there were only eight or nine male classmates in a class of ninety.

Postscript: Being a nurse is never easy. On one hand, nurses have to look after a wide range of patients. On the other hand, they have to master good communication skills and explain the patients’ conditions clearly to their family. Despite busy schedule, they have to react promptly and tactfully in case of emergency. Sensitivity in risk management is a prerequisite. That is why nurse is commended as “Angel in white”.



勇傑成長路

靈實創毅中心的學員大多會接受職業技能訓練，對學員來說，每項訓練都是新學習。中心其中一位學員鄭勇傑雖然是智障人士，並患有自閉症，但他性格單純、外向且主動，時常樂意接受新嘗試。

勇傑在創毅中心接受服務已有數年，起初只接受包裝及清潔培訓，但近年逐步開始接受各種專項訓練，包括汽車美容、物流及外出展銷等。每項訓練都需要獨特工作技能，例如物流隊需要使用手推車及唧車，並學習職安健知識；外出展銷需要良好溝通技巧；汽車美容訓練則需要足夠體力，忍耐日曬雨淋。勇傑曾表示訓練會感到吃力，但仍然十分渴望繼續學習，更希望能夠增加專項訓練時間。他特別喜歡汽車美容訓練，因為可以將內外滿佈污漬的汽車清潔得乾乾淨淨。

除了熱衷技能訓練外，勇傑亦積極投入參與中心的活動，如公園野餐、參觀展覽等。勇傑是每年的春茗旅行忠實粉絲，每次都樂在其中。此外，他去年開始參加基順學校舉辦的「基順愛的家」教會崇拜，唱詩歌、玩遊戲，認識很多新朋友，擴闊了社交圈子。

勇傑是中心各人的好幫手和「開心果」，上年度更獲中心職員頒發「最佳進步獎」，盼望勇傑日後能繼續愉快學習，把歡笑聲感染其他人。



勇傑是眾人的「開心果」 Yung-kit is everyone's happy boy

Yung Kit's growth in the family of the Haven of Hope

Most service users at the Haven of Hope Integrated Vocational Rehabilitation Services Centre (hereinafter "the Centre") receive work skill training. To them, every training is a new skill set. Cheng Yung Kit, our Centre trainee, is mentally disabled with autistic spectrum disorder. Despite his constraints, he is an extrovert who dares to take new challenge.

Yung Kit has joined the Centre for some years. At the beginning, he learnt packaging and cleaning. As time flies, he gradually takes up other training tasks such as car beauty, logistics and sales exhibition. For instance, working in a logistic team, he needs to learn how to acquire knowledge in trolleys and pallet management as well as knowledge in occupational safety. As for sales exhibitions, he must master good communication skills; and for car beauty, he must stay physically fit with enough strength to endure pouring rain or scorching sun. Yung Kit admitted that the training at times is hard. Despite these challenges, he strives to enrich himself and even yearns to learn more. Car beauty is by far Yung Kit's favourite training. He has derived great job satisfaction from cleansing and polishing a dirty car; turning it into a glowing armour.

In addition to his zeal in learning, Yung Kit also actively participates in different activities like picnic, exhibition visit etc. Yung Kit joins the Spring Festival outings every year and enjoys it very much. Since last year he has started joining the congregation "Kei Shun's Home of Love" held at C.C.C. Kei Shun Special School cum Resource Centre. During the time, he learns singing hymns; making new friends; playing games. As a result, his social circle has been expanded.

Yung Kit always brings joy to people at the centre and serves as a good helper. He has become a popular person. He was awarded "The Best Progress Award" last year. We hope that his passion for learning will continue.



|What's New

最新消息

2015 靈實耆趣跑

Haven of Hope Charity Run 2015

十一月最適宜戶外活動，郊遊遠足、戶外運動、野餐、與家人和良朋知己一起參與就最好不過。但如果希望有點新鮮感，我們誠意推薦你參加2015靈實慈善跑，賽事集運動及慈善一身，充滿挑戰之餘，更為長期病患長者及復康人士出一分力。

活動詳情如下：

日期：2015年11月14日 (星期六)

時間：上午九時正

地點：白石角海濱長廊

內容：十公里慈善跑、三公里慈善行及嘉年華

受惠對象：長期病患長者及復康人士

參加費用：港幣\$300 (10月24日前報名可減\$50 - 只限於個人組別)

截止報名日期：11月7日

查詢及報名：2703 3290 (陳小姐)

詳情以網頁公佈為準 (www.hohcs.org.hk)

November is a time for outdoor activities, be it outdoor sports or picnic in country parks. If you were still wondering what to do in autumn weekends and wish to try something vastly different, Haven of Hope Charity Run 2015 is your best choice. The charity run combines the elements of sports and philanthropic experience. While enjoying the challenging game, you can contribute for the beneficiaries - chronically ill elderly and the disabled. Our fundraising target is HK\$1 million. Below are the event details at a glance:

Date: 14 November 2015 (Saturday)

Time: 9:00am

Venue: Pak Shek Kok Promenade

Content: 10km charity run, 3km charity walk, carnival

Beneficiary: Chronically ill elderly and the disabled

Enrolment fee: HK\$300 (enrolment before 24 October can enjoy \$50 fee reduction – only for individual category)

Deadline for enrolment: 7 November

Enquiry and enrolment: 2703 3290 (Ms Chan)

For updated information, please refer to our website (www.hohcs.org.hk)



靈實高爾夫球慈善賽

Haven of Hope Charity Golf Tournament

一年一度的靈實高爾夫球慈善賽將於11月舉行，歡迎各位高爾夫球愛好者以個人或隊制(四人一隊)形式參加，互相切磋球技之餘，為慈善出一分力。今年慈善賽目標籌款額為港幣五十萬，慈款將用作扶助低收入人士、經濟困難長者、獨居長者等，為他們提供生活基本所需。

日期：11月28日及29日 (星期六及日)

地點：東莞鳳凰山高爾夫球會 (18洞球場)

費用：每人港幣\$6,880 / 每隊港幣\$27,500

查詢及報名：2703 3371 (鄭小姐)

Our annual Haven of Hope Charity Golf Tournament is going to be held in the coming November. Not merely can golfers join to compete for excellence, but they can also play for philanthropy. This year, we target to fundraise for HK\$500,000. Donations will be used for helping low-income groups, solitary elderly, to provide them with basic needs.

Date: 28 & 29 November (Saturday and Sunday)

Venue: Phoenix Hill Golf Club, Shenzhen (18-hole golf course)

Entry Fee: HK\$6,880 (per person) / HK\$27,500 (per team)

Enquiry and Enrolment: 2703 3371 (Ms Cecilia Cheng)

靈實怡明長者日間護理中心開放日 Haven of Hope Yee Ming Elderly Day Care Centre Opens



靈實怡明長者日間護理中心將於9月30日舉行開放日，屆時勞工及福利局局長張建宗先生及安老事務委員會主席陳章明教授更會蒞臨主禮。我們亦誠邀各社福團體及公眾人士參觀中心，在場更會有長者分享日間服務對他們的意義，查詢請致電 2565 7122。

The grand opening of Haven of Hope Yee Ming Elderly Day Care Centre will be held on 30 September. Mr Matthew Cheung GBS, JP, Secretary for Labour and Welfare and Professor Alfred Chan, Chairman of Elderly Commission are cordially invited to officiate the opening. Social welfare organizations and the general public are welcome to visit our centre on that day during which our elderly service users will share what day care service is meant to them. Please call us at 2565 7122 for enquiry.



2015靈實小慈善家 Haven of Hope Young Philanthropist 2015

2015靈實小慈善家又到了！今年我們將繼續舉辦一連串親子義工活動，建立孩子正確的價值觀，傳揚「尊重生命·改變生命」的正面訊息。其中包括寒冬長者探訪、靈實耆趣跑、耆樂餅義賣等。靈實小慈善家2015參加費用為港幣380元，現已接受報名。詳情請瀏覽：www.hohcs.org.hk/yp

Enrolment for Young Philanthropist 2015 is open! This year, we will continue to offer a series of family / volunteer activities to help developing positive values and promoting the spirit of "Respecting Life · Impacting Life" among the children. Volunteer activities include winter visit to solitary elderly, Haven of Hope Charity Run, Haven of Hope Qile Cake Charity Sale, etc. Participation fee for Young Philanthropist 2015 is HK\$380. Details for enrolment, please visit www.hohcs.org.hk/yp



三高食療

近日，筆者為靈實全護通主講有關中醫學食療－「三高」講座，反應熱烈，證明大家已逐漸明白「三高」的危害性，重視養生、保健及預防之法。

高血壓、高血脂及高血糖不再是老年人的專利。飲食、生活習慣及情緒等因素令「三高」有年輕化趨勢。據政府數字，香港的「三高」情況普遍，高血壓佔全民數字為11%、糖尿病為5%、膽固醇過高為3.9%。目前治療「三高」的藥物眾多，但不少「三高」患者喜歡用天然中藥治療，認為其療效確切且副作用較少。在常用的1,070種中藥，有不少中藥有治療「三高」作用，並確有其科學依據。其中有25種中藥既能降血壓、降血脂，又能降血糖，筆者在此為大家介紹數種民間常用、藥性平和、又可用於食療的中藥供「三高」症患者選擇，沒有「三高」症者亦可常服以收預防之效。

枸杞菊花茶

菊花有清熱瀉火、清肝明目作用；枸杞有降低血糖、抗脂肪肝作用，並能抗動脈硬化。用作中藥時能滋補肝腎、益精明目。兩者搭配煮成茶飲用，有助降「三高」，特別適合陰虛陽亢的患者，若是體質虛弱、常感冒、抵抗力差的人，最好每天飲用。

山楂茶

山楂所含的成分有助消化、擴張血管、降低血糖、降低血壓。同時經常飲用山楂茶，對於治療高血壓、高血脂具有明顯輔助療效。

決明子茶

具有清肝明目、潤腸通便、降脂瘦身功效。決明子茶有清火、利尿作用，可幫助調節血壓，改善患者頭痛、頭暈不適，但低血壓、易腹瀉者不宜食用。

玉米須茶

玉米須不僅具有良好的降血壓功效，而且也具有止瀉、止血、利尿和養胃之療效。在臨床上採用玉米須治療因腎炎引起的浮腫和高血壓，療效尤其明顯。

田七丹參茶

田七100克，丹參150克，白糖適量。功效：活血化瘀，止血，定痛。適應證：冠心病，心絞痛。制法：上藥研成粗末，每次取25克，放保溫瓶中，沖入半瓶沸水，20分鐘後代茶飲用。注意事項：孕婦及無瘀血者忌服。本茶用田七配活血化瘀的丹參，旨在增強散瘀功能，從而緩解因氣血阻滯而形成的冠心病和心絞痛的症狀。

葛根茶

此茶具有清熱解毒，解酒護肝等功效。經試驗有擴張冠狀動脈、腦血管作用；將其作常規飲料泡服，久服可降血脂、降血糖、降血壓。

筆者選擇上述六種中藥原因是取其藥性平和，民間服用歷史久長，副作用少，最重要是價格相宜。不過，中醫學重視辨證論治，強調體質差異，所以大家在服用前，最好請教中醫師，了解藥物適合與否。

李萬發

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成都中醫藥大學中醫學學士
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Three “highs” diet

I recently addressed at a Haven of Hope TotalCare seminar relating to food remedies in Traditional Chinese Medicine (TCM) about “Three Highs Diet”. It was so well received that it also implies people’s growing concern for the risks in “Three Highs” and the importance of health management as well as health preventive measures.

Three Highs: high blood pressure, high cholesterol and high blood sugar are no longer confined to elderly. Instead, the trend of “Three Highs” starts to proliferate in the younger generation and may be attributed to factors like diet, lifestyle, emotions and others. According to government statistics, “Three Highs” is common in Hong Kong in which 11% of the total population have hypertension; 5% suffer from diabetes and 3.9% from high cholesterol.

Although there are a great variety of prescription drugs for “Three Highs”, many patients prefer using natural traditional Chinese medicine as they reckon these may incur fewer side-effects and with greater efficacy. Out of 1,070 species of commonly used Chinese medicine, many of them can be used to deal with “Three Highs”; with their efficacy well supported by scientific proof. Amongst them, 25 kinds of Chinese medicine are conducive to lowering blood pressure, blood cholesterol and blood glucose. Here I will introduce some commonly used medicine which are generally mild and can be used for therapeutic diets. Indeed, a “Three Highs” patients may use it as prescription while healthy people as preventive measure.

Chinese Wolfberry Chrysanthemum tea

Chrysanthemum helps to eliminate heat and purge excessive fire; as well as cleansing the liver and improving vision. Chinese wolfberry can lower blood sugar and prevent the accumulation of liver fat and arteriosclerosis. Being used in TCM, it is good for liver, kidney and eyes. If they are boiled together, they collaboratively help to lessen “Three Highs”. They are especially good for patients who are yin-deficient but yang-excessive. The mixed tea is best to drink daily if one is physically weak, or is prone to flu.

Hawthorn tea

Hawthorn is good for improving digestion, expanding blood vessels, lowering blood sugar and blood pressure. Regularly drinking hawthorn tea has a prominent effect in alleviating high blood pressure and high cholesterol.

Cassia tea

Cassia tea is a good laxative that helps to reduce body fats. It also helps in cleansing the liver and improving vision; removing heat, and regulating blood pressure as well. Moreover, it gives a diuretic effect; and can alleviate headache and dizziness. But it is not suitable for people who often have diarrhea and low blood pressure.

Corn Silk tea

Corn has a diuretic effect and helps to lower blood pressure. It also stops diarrhea, bleeding and enhances the function of stomach. By clinical application, corn silk is proven to effectively treat edema and hypertension which are both induced by nephritis.

Tianqi Red Sage Root tea

Ingredients: Tianqi 100 grams; Sage Root 150 grams and appropriate amount of sugar.

Treatment effects: To stimulate blood circulation and remove blood stasis; stop bleeding and pain.

Indications: Coronary heart disease, angina.

Application: First grind it into coarse powder; next take a portion of 25 grams each time and put it into a vacuum flask; finally fill it half-full with boiling water. Tea can be served in 20 minutes.

Note: Not suitable for pregnant women or persons without blood stasis.

Tea mixing red sage root (good at promoting blood circulation and removing blood stasis) together with Tianqi is to enhance the effect of relieving blood stasis; and the symptoms like angina and pain associated with coronary heart disease irritated by the blockage in blood circulation.

Kudzu Vine Root tea

Kudzu vine root tea is good at detoxification, clearing inner heat; restoring sobriety and protecting liver etc. Effects such as expanding coronary arteries and cerebrovascular vessels are test-verified. Taking this beverage regularly for a longer period of time helps to lower blood glucose, blood sugar and blood pressure.

I intentionally choose six of the abovementioned Chinese herbal medicines mainly because of their shared mild nature with fewer side-effects, and a prolonged folk usage in history. More importantly, they are affordable. TCM stresses much on syndrome differentiation and treatment. As physique differs from person to person, it is better to consult a registered TCM practitioner before usage.

Li Man Fat

Registered Chinese Medicine Practitioner
Bachelor of Traditional Chinese Medicine
Chengdu University of Traditional Chinese Medicine
(Major in Acupuncture & Moxibustion)

Message to donor

給捐贈者的話

一張旗紙 一顆善心 靈實賣旗籌款 推廣社區全人健康

賣旗籌款活動對香港人來說一點都不陌生，每星期總有一至兩次，但對靈實來說，賣旗籌款的機會非常寶貴，上次獲批准全港賣旗已是三年前了。猶記得那年靈實賣旗日正值暑假，很多家庭已外出旅遊，招募義工異常困難。靈實人遂紛紛聯絡親朋好友、教會及相關的企業團體協助，我們最終成功為非政府資助基層健康服務 (Primary Health Services) 籌得超過港幣90萬善款。

賣旗受惠服務 -- 基層健康服務旨在向社區人士推廣健康生活模式，促進身、心、社、靈健康，加強地區預防工作。靈心輔導熱線是其中一項服務，熱線於2005年成立，一星期六天，設受訓義工接聽熱線，紓緩來電者面對的生活壓力，如有需要，可安排轉介輔導服務。單是2013至2015年，熱線義工曾接聽超過2,200次來電。熱線服務每年都會招募義工，並提供相關訓練，洪進美 (James) 是其中一位資深義工：「八年前我退休，瀏覽義務工作發展局的網頁時，恰巧看見靈實靈心輔導熱線需要義工，未退休前我是中學校長，時常需要協助老師、學生解決困難，擔任靈心輔導熱線電話義工，我覺得會很勝任，便於是參加。」

靈心輔導熱線義工首先需要接受為期半年熱線義工訓練，包括簡介基本輔導技巧及操守，並需進行實習訓練。經常有來電者致電傾訴工作上的困難，James都會耐心聆聽，協助對方多角度分析事情，並表達關心。「起初我以為我的工作經驗一定可以幫助很多，但現實發現原來未必如此。遇上『要生要死』的來電者，初時都會不知如何是好，但後來徵詢過社工的意見，我懂得先聆聽，如有需要，就轉介給靈實的專業輔導員。」James娓娓道出他所經歷生命上的轉變。

靈實將於2016年3月26日 (星期六) 舉行賣旗籌款，繼續為基層健康服務籌募經費，然而賣旗當天恰巧是復活節假期，相信將增加招募義工的困難，有見及此，我們衷心希望各善長可以「有錢出錢，有力出力」，透過捐獻或做賣旗義工，支持靈實賣旗，支持非政府資助基層健康服務。詳情請致電 27033236，聯絡陳先生。



James 每個月當值四節，共六小時，聆聽求助者的心底話
Each month, James is on duty for four sessions (six hours in total) to listen to callers' different sorts of sharing.

A flag means a token of kindness Haven of Hope Flag Day – promotes holistic health care in community

Perhaps “flag day” is nothing new to Hong Kongers as it takes place once or even twice a week throughout the year. Despite its prevalence, it counts so much to HOHCS. Looking back, it has been three years since our last territory-wide flag day. It was then summer vacation and thus added much difficulty in volunteer recruitment as many families travelled abroad. Notwithstanding these obstacles, Haven of Hopers spread the message through their own personal network, churches and corporate partners. Eventually, we successfully raised more than HK\$900,000 for the non-government funded Primary Health Services.

The proceeds of the flag day was used to sustain the Primary Health Services in rendering comprehensive services, promoting healthy lifestyle and offering community health education. One of the services rendered is a counseling hotline, which was introduced in 2005. It operates six days a week. The hotline volunteers are trained to offer a way out for the callers to relieve their pressure. Sometimes, cases may be referred to professional counselors if necessary. Over 2,200 calls have been handled between 2013 and 2015. Hotline volunteers are recruited every year; and relevant training will follow. James, a veteran HOHCS volunteer, shared his story, “Eight years ago, when I browsed the website, I caught a glimpse of a HOHCS advertisement recruiting volunteers for a counseling hotline. Before, I was a secondary school principal and used to help teachers and students to solve problems. So I thought I could master the task well.”

As a usual practice, volunteer, must go through a six-month training including introduction to basic counseling skills and code of ethics as well as placement. James learns firstly to listen attentively to the callers who are often entangled with work problems. Next he tries to help them analyze the core issues from different perspectives. He further admitted, “At first, I really thought, with rich working experience, I could help callers in problem-solving. However, in reality, it might not be the case. At the beginning, I was once totally stricken when a caller expressed thoughts about suicide. Only till consulting the professional social workers have I learnt the golden rule: first, I have to listen. If necessary, I may refer the case to a professional counselor for follow-up.” James concluded zealously how this experience impacts his life.

HOHCS will organize the next flag day on 26 March 2016 (Saturday), coincidentally it is an Easter holiday, which again may add obstacles in recruiting volunteers. Since we sustain our Primary Health Services through various fundraising events like flag day, we earnestly appeal for your support in terms of donation or joining us as a volunteer on that day. Call us now at 27033236 (Mr Chan).



2013靈實賣旗籌款活動
Haven of Hope Flag Day 2013

個人資料收集聲明 Use of Personal Data Declaration

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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.

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I **AGREE** to the proposed use of my personal data.

簽署 Signature : _____

日期 Date : _____



捐款回條 Donation Form

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教社群，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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基督教靈實協會
Haven of Hope Christian Service

香港新界將軍澳靈實路七號
7 Haven of Hope Road, Tseung Kwan O, N.T., Hong Kong

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捐款回條 Donation Form

本人樂意支持基督教靈實協會的服務，願意捐助 In support of Haven of Hope Christian Service, I donate :

捐款金額 Donation Amount :

☐ HK \$200 ☐ HK \$400 ☐ HK \$600 ☐ HK \$800 ☐ HK \$1,000 ☐ Other_____

願捐助予 I would like to donate to :

☐ 基督教靈實協會 Haven of Hope Christian Service
☐ 靈實醫院 Haven of Hope Hospital
☐ 靈實司務道寧養院 Haven of Hope Sister Annie Skau Holistic Care Centre
☐ 靈實恩光學校 Haven of Hope Sunnyside School
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☐ 需單次減稅收據 Given One-off Tax Deductible Receipt ☐ 需每年減稅收據 Given Yearly Tax Deductible Receipt

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請轉後頁填寫個人資料收集聲明 Please turn over for the Use of Personal Data Declaration

捐款方法 Donation Method

☐ 劃線支票 Crossed Cheque : 祈付「基督教靈實協會」Crossed cheque : Payable to "HAVEN OF HOPE CHRISTIAN SERVICE"

☐ 直接存入戶口 Direct Debit : 香港中國銀行 Bank of China 012-874-1-035785-2

☐ 信用卡 Credit Card : ☐  ☐  ☐  ☐ 

持咭人姓名 Cardholder Name : _____ 信用卡號碼 Credit Card Number : _____

持咭人簽署 Authorised Signature : _____ 有效日期 Card Expiry Date : _____

☐ 繳費靈 Payment by Phone Service (PPS) : 透過電話18033或互聯網www.ppshk.com捐款，基督教靈實協會商戶編號「9453」。
Make payment through telephone 18033 or www.ppshk.com, merchant code "9453".

☐ 按月自動轉賬 Autopay : 會按上述個人資料寄上「直接付款授權書」，或可於本會網頁內下載www.hohcs.org.hk。
"Direct Debit Authorisation Form" will be sent to you according to the personal information above or you can download the form from our website www.hohcs.org.hk.

備註 Remarks :

- * 非必要填寫
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- 請將支票、銀行存款單或直接付款授權書寄回本會傳訊及籌募部收。
Please send cheques, deposit slips or Direct Debit Authorisation to our Communications and Resource Development Department.
- 捐款港幣100元或以上將獲發減稅收據。
Tax deductible receipt will be given to donations of HK\$100 or above.
- 以信用卡或繳費靈捐款者可傳真此表格到本會傳訊及籌募部(傳真號碼: 2702 8173)。此表格可自行複印。
Please send this form to our Communications and Resource Development Department by fax (fax no.: 2702 8173) if you donate by credit card or PPS. Please copy the form if necessary.

捐款人之個人資料，只為傳遞本會資訊及籌款之用。若捐款者不願收到本會資訊或需要更改個人資料，請致電2703 3290或電郵至privacy@hohcs.org.hk與本會傳訊及籌募部聯絡。
Donor's personal data will only be used by HOHCS for passing information and fundraising work. Donors who don't want to receive our information or want to change their personal data, please contact our Communications and Resource Development Department at 2703 3290 or email to privacy@hohcs.org.hk.

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■ 服務查詢熱線 Service Enquiry Hotline : (852) 2701 9019 傳真 Fax : 2706 0463 電郵 Email : info@hohcs.org.hk
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