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BULK ECONOMY

靈感 HAVEN OF HOPE NEWS

SEPT 2016

專題 THEME

耗資巨額 靈實「築動生命全方位關顧計劃」
為靈實譜出新樂章

The mega Haven Project composes a new
musical movement for Haven of Hope
Christian Service

基督教靈實協會 Haven of Hope Christian Service

香港新界將軍澳靈實路七號 7 Haven of Hope Road, Tseung Kwan O, N.T., Hong Kong ■ 網址 Website : www.hohcs.org.hk

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 靈實恩光學校 Haven of Hope Sunnyside School
 福音事工 Evangelistic Work
 靈實全護通 TotalCare

靈實「築動生命全方位關顧計劃」(包括靈實醫院擴建計劃、擴建靈實司務道寧養院、靈實胡平頤養院等)
 The Haven Project (Including the expansion projects of Haven of Hope Hospital, Haven of Hope Sister Annie Skau Holistic Care Centre, Haven of Hope Woo Ping Care & Attention Home etc.)

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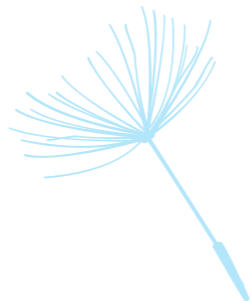
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基督教靈實協會 Haven Of Hope Christian Service

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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WORDS FROM CEO

行政總裁的話

Dear Haven of Hope Supporters,

Sixty years ago, Sister Annie received God's calling and started her service on the barren land of Tiu Keng Leng establishing the Haven of Hope Tuberculosis Sanatorium. Sister Annie didn't only care for the immediate needs of the patients who were in the terminal stage of their illness, but was also concerned with the need for proper care for their kids. Indeed, the patients could not have settled their worries if their children were not in good hands. Sister Annie therefore set up the "Preventorium" to provide education for the patients' children. She had the foresight in understanding the needs of patients in a holistic approach. Espousing Sister Annie's vision and foresight, Haven of Hope will embark on the Haven Project – the Haven of Hope ten-year capital development plan. It is a holistic project that keeps abreast with changes and meets the needs of society. In this issue, we will introduce the blueprint and content of this ten-year plan. Besides, we have a special interview with Mr. Chui Tze Hung, a renowned painter. Through the interviews, we can know more about the view of the community towards our programmes.

The Haven Project is indeed a big challenge. We need to raise fund for improving our infrastructure. It's always being commented that "chances are reserved for those who are prepared". Haven of Hopers should therefore be well prepared and equipped. More resources will be invested to nurture quality staff. We will continue to progress with innovation on the foundation of Sister Annie's spirit. Giving primacy to the physical, psychological, social and spiritual needs of the people, Haven of Hope will continue to be a place of blessing for those in needs. We sincerely hope to receive your unwavering support and encouragement for the Haven Project.

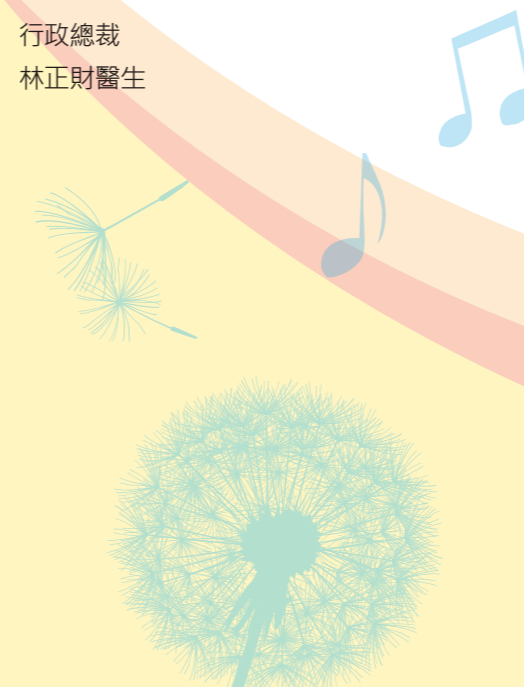
Dr. Lam Ching-choi, BBS, JP
Chief Executive Officer

親愛的靈實支持者：

六十多年前，司務道教士回應上帝的呼召，在調景嶺荒原上開展服事，建立肺病療養院，然而，司教士看到的不單是肺病人眼前的需要，她深深明白很多末期肺病人最憂心的是自己離世後年幼的孩子會孤苦無依，司教士遂成立恩光護幼院，為他們的孩子供書教學。司教士高瞻遠矚，明白病人的全方位需要，秉承其服事的目光和願景，靈實開展為期十年的「築動生命全方位關顧計劃」，追上時代發展的步伐，並回應社會的需要。今期的靈感會為大家介紹十年計劃的藍圖及內容。此外，我們也會專訪著名畫家徐子雄，了解社區人士對計劃的看法。

為期十年的發展計劃挑戰巨大，其中，我們需要自行籌募部分基建經費。常言道：機會是留給有準備的人，因此靈實人銳意好好裝備自己，投放更多資源培訓人才，發揮創意，並學效司教士的精神，以人身心社靈的需要為出發點，使靈實台繼續成為祝福人的美地。盼望我們在開展十年發展計劃的過程中同樣有大家的支持和鼓勵。

行政總裁
林正財醫生





基督教靈實協會行政總裁林正財醫生
Dr Lam Ching-choi,
Chief Executive Officer of HOHCS

香港人口老化加劇，長者院舍住宿、日間護理、寧養服務供不應求。靈實積極提升服務質素，並開展「築動生命全方位關顧計劃」，透過基建發展，提供更多適切的服務，造福社區。今期靈感，我們會為大家詳細介紹計劃內容，並訪問社區人士對計劃的看法。

專訪行政總裁林正財醫生

靈實「築動生命全方位關顧計劃」的「築動」，顧名思義是指透過發展基建項目，為社區帶來更多及更好的全方位醫療及社會服務；但同時我們希望以此「觸動」人的生命，接觸弱勢社群。

為何會有這計劃理念？基督教靈實協會行政總裁林正財醫生指：「我們希望以基建發展回應社會需要，並更新現存服務。」例如即將成立的嚴重智障人士日間活動中心暨宿舍將為特殊學校的畢業生提供過渡服務，直至他們成功獲得政府資助服務。

時代不斷發展，計劃的新項目將開放服務與社區結連，運用社區資本的概念，使服務使用者家人、義工及其他社區人士成為靈實一份子。「傳統上，家人把服務使用者送往院舍，依賴護理人員照顧，但在新服務中，我們希望家人能參與其中。」林醫生解釋。有見及此，靈實醫院的擴建計劃中，特別加設綜合照顧者支援中心，全方位協助家屬與護理人員並肩照顧病人。

計劃規模龐大，資金及人才需要將會是靈實要面對的挑戰。「其實十多年前，靈實也曾經歷高速的發展，但今次的發展相對有較詳細的規劃和準備。」林醫生指出。

如何面對市民對服務質素要求嚴格，而同時在新服務保留司務道教士「尊重生命·改變生命」的精神也是一大挑戰。「我希望大家支持靈實築動生命全方位關顧計劃，無論是透過捐款，或是參與其中；我們也需要大家的禱告。」他向靈感讀者呼籲。

The ageing population is intensifying, elderly homes, day care and palliative care service are all short in supply. HOHCS is improving its service quality in a progressive manner. The Haven Project is being launched and through such capital development, we seek to provide more quality services addressing the needs of society. In this issue of Haven of Hope News, we will introduce the plan in details. We have also interviewed one of our community partners about his views toward the project.

Interview with Dr Lam Ching-choi, Chief Executive Officer

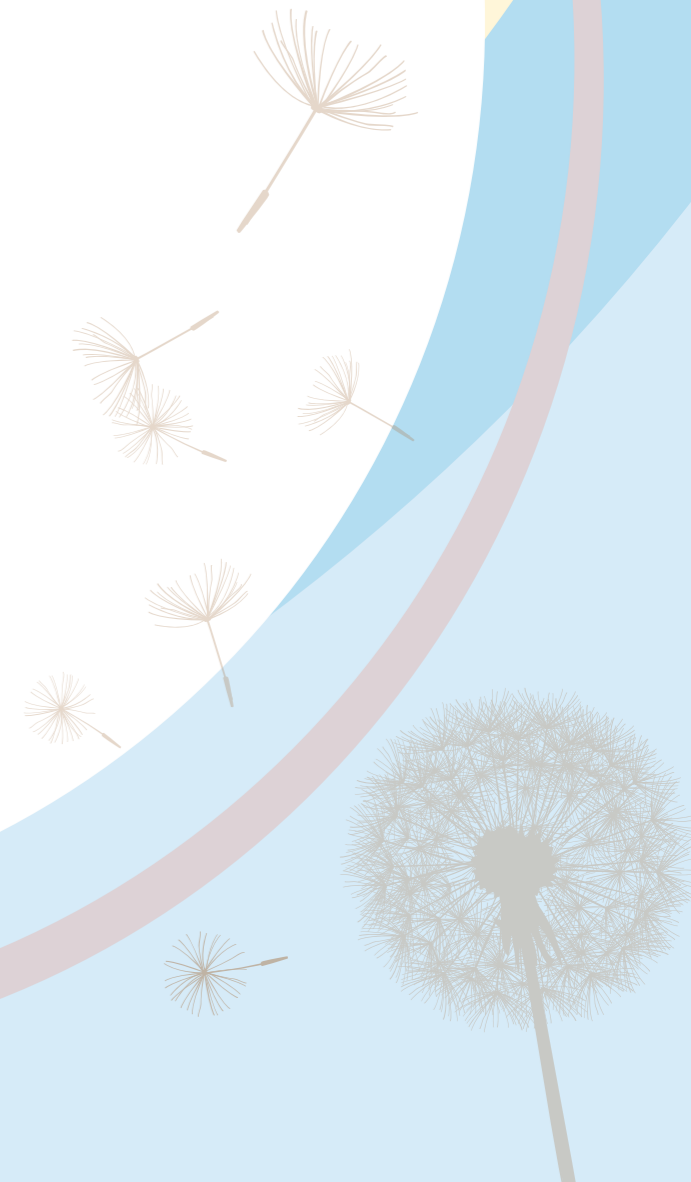
Through infrastructural development, we hope to bring forth more and better holistic medical and social services to society. Meanwhile, we hope to touch people's life and outreach to the underprivileged.

Why is there such a plan in mind? "We hope to respond to and meet the need of society through capital development. Besides, the existing services can be renewed." Dr Lam Ching-choi said. For instance, the forthcoming newly built Day Care Centre cum Hostel & Rehabilitation Centre for the Severely Mentally Disabled Persons will provide service for graduates of special schools in their transition before the students can obtain government subvented service.

With the evolution of service need, the new projects in plan will broaden our services and connect with society. Through utilizing the concept of social capital, family of service users, volunteers and other people from community are invited to become a part of HOHCS. "Traditionally, family will send the service users to the centres and rely on health care workers to take care of the service users. In contrast, our new services will invite families to partake in it instead of solely relying on health care workers." Dr Lam explained. In view of this, the Haven of Hope Hospital extension project specially sets up the Integrated Carer Support Centre, which allows families and health care workers to look after the patients collaboratively.

The scale of the project is mega. The need of capital and talents will be a big challenge to HOHCS. "Ten years ago, HOHCS had experienced a drastic development, but this time the development ahead is more well-planned and prepared." Dr Lam pointed out.

Meeting the high expectation of the service users for quality service and at the same time ensuring our new services adhere to Sister Annie Skau's spirit of "Respecting Life. Impacting Life" is indeed a big challenge. "I hope everyone will support the Haven Project, be it donation or participation. We also need prayers from all of you." Dr Lam appealed.





擴建靈實醫院
Expansion of Haven of Hope Hospital



擴建靈實司務道
寧養院

Extension Project of Sister Annie Skau Holistic Care Centre



擴建靈實
胡平頤養院

Extension Project of Haven of Hope Woo Ping Care & Attention Home



新建嚴重智障人士
日間中心暨宿舍

New Standalone Day Activity Centre cum Hostel for Severely Mentally Handicapped Persons at Sunnyside School site



新建嚴重殘疾人士
護理院及長者護養院

New Standalone Purpose-built Nursing Home and Care and Attention Home for Severely Disabled Persons

靈實

「築動生命全方位關顧計劃」

THE HAVEN PROJECT



徐子雄老師專訪

著名畫家及書法家徐子雄老師一向擅長把中西繪畫藝術匯聚，利用傳統國畫與水彩藝術的粹融匯再表達於畫作中，手法創新，並多次透過群體活動把藝術帶入社區，這與靈實一貫敢於創新、向社區推出嶄新服務的理念一脈相承。

「我覺得藝術文化和社會、生活不能分割，把藝術融入社區一點也不難。」徐老師說。

「藝術可以是一種心靈治療，透過繪畫、書法、音樂等不同渠道表達出來，最終達至心靈治療的效果。音樂可以帶領思考，而繪畫就可以牽動不同人的感受.....就是這樣，藝術不知不覺就融入了大眾的生活中。」徐老師稱。

徐老師過去曾參與多個大型社區藝術活動，例如慈善畫展、訓練學生義教「夕陽戰士」(長者) 繪畫、走入監獄親自教授更生人士等，經驗豐富的他今次一口答應擔任靈實「築動生命全方位關顧計劃」社區參與活動的名譽顧問，為計劃注入藝術元素。徐老師將會協助靈實在將軍澳區發起大型油彩繪畫啟動禮，實行以藝術吸引更多社區人士關注計劃並匯聚支持。

今次鼎力相助，全因為他對慈善一向都義不容辭。作為文學藝術的愛好者，徐老師希望為「築動生命全方位關顧計劃」畫龍點睛，用畫筆表達靈實為「盼望之灣」，給人追求寧靜、和平、安定的感覺。

說起靈實的起源地—調景嶺，徐老師曾經在1993年到調景嶺寫生，徐老師說那時的調景嶺日間人煙稀少，地方卻很有特色，居民也樂意與人交談，彷彿像老朋友般。想不到多年後的今天，徐老師與靈實的發源地再續前緣。

徐子雄介紹

徐子雄生於香港，為著名藝術家、作家、藝評家、美術導師。曾研習水彩、油畫、雕塑、版畫及攝影。作品曾於歐、美、加、澳、東南亞及中國各地展出，參加聯展及個人展約360次，曾於香港大學專業進修學院、香港中文大學校外進修學院等教授藝術課程。

Chui Tze-hung's biography

Born in Hong Kong, Chui Tze-hung is a painter, writer, artist and art critic. He studied watercolour painting, oil painting, sculpturing, print-making and photography. His work was exhibited in Europe, the U.S., Canada, Australia, Southeast Asia and the Mainland for over 360 times. He was a fine art lecturer at HKU Space, the School of Continuing and Professional Studies of CUHK, etc.



Interview with Mr. Chui Tze Hung

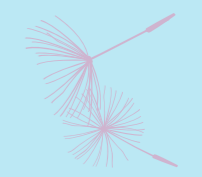
Mr. Chui Tze Hung is a renowned painter and Chinese calligrapher who has made a significant impact on bringing contemporary Hong Kong art into the twentieth century. He has strived to do so by creating an assimilation of abstract Western art and by building on the traditions of Chinese ink painting. He successfully introduces art to the public through various community engagement activities. His work aligns well with the mission and vision of HOHCS in spearheading pioneer services and projects in the community.

"I believe arts, culture, society and life are indispensable. It is not much difficult to engage arts into the community," said Mr. Chui. "Arts could be a kind of spiritual healing. Mind and spirit could be healed by different emotional expressions through painting, calligraphy, music and other channels. Music could lead to contemplation and meditation while painting could induce one's feelings. In this way, arts can be assimilated in our lives unconsciously," Mr. Chui continued.

In the past, Mr. Chui participated in numerous community based arts events, including charity arts exhibition, and volunteering painting training with elderly and prisoners in jail. As an experienced painter, Mr. Chui accepted to be HOHCS' ten year capital development project honorary consultant. He will assist HOHCS and the launching ceremony of Painting of Haven of Hope in Tseung Kwan O, in hopes of enhancing the awareness of the Haven Project as well as uniting different community partners through arts and painting.

HOHCS is honored to have Mr. Chui's support as he has devoted wholeheartedly to charity. Being an art enthusiast, Mr. Chui would add the finishing touch to the Haven Project by resembling the concept of "Haven of Hope" in painting. He hopes to give a sense of tranquility, peace and serenity from the paint to the audience.

Mentioning HOHCS' origin in Tiu Keng Leng, Mr. Chui happened to sketch some drawings there in 1993. Mr. Chui recalled delightedly that the place was filled with colors and a few friendly neighbours in spite of a sparse population. Mr. Chui will make another remarkable memory with HOHCS again in Tiu Keng Leng.



RESPECTING LIFE BLOG

尊重生命BLOG

靈實社區健康發展中心 Haven of Hope Community Health Development Centre



義工隊獲社會福利署頒發「10,000小時義工服務獎」，以表揚他們在過往一年的付出。
Our volunteer team was awarded the "Award of 10,000 hours for volunteer service" from Social Welfare Department for their voluntary work contribution.

靈實司務道寧養院 Haven of Hope Sister Annie Skau Holistic Care Centre



義工、院友齊齊估，懷舊明星逐個捉。
Elders and volunteers playing the game "Guess who this celebrity is?"



老友記用心地製作感謝咭送贈給義工。
Elderly putting great efforts in making thank you cards for volunteers.

靈實醫院 Haven of Hope Hospital



「築動生命 - 夢想 • 展翅音樂會」已在6月19日圓滿舉行，為靈實醫院擴建計劃及非政府資助服務籌得逾港幣七十六萬元善款。
"The Haven Project - Dream Big • Fly High Concert" was successfully held on 19 June 2016 to support the Haven of Hope Hospital Expansion Project and its non-subsidized services.



當晚香港愛樂樂團的演出音韻繞樑，讓在座善長都陶醉萬分。
The audience enjoyed the wonderful performance presented by Hong Kong SAR Philharmonic.

靈實恩光學校 Haven of Hope Sunnyside School



靈實各復康服務單位在靈實恩光學校舉行「靈實傷健同樂福音嘉年華」，參加者投入參與攤位遊戲，觀賞各項表演。
Service users from various rehabilitation service units enjoyed the carnival games and performances in the "Haven of Hope Gospel Carnival for Physically Handicapped and Aabled-Bodied" at Haven of Hope Sunnyside School.



靈實恩光學校宿舍部為宿生度身訂造歷奇活動，鼓勵他們挑戰極限，突破自己。
Adventure games were tailor-made for boarders of Haven of Hope Sunnyside School to encourage them to overcome challenges and achieve breakthrough.

復康服務 Rehabilitation Service



近300位社區人士出席靈實復康服務部義工啟動暨嘉許禮。
Around 300 community dwellers participated in the Kick-off cum Volunteer Award Presentation Ceremony held by Rehabilitation Service.



靈實復康服務部五月到台灣考察，探訪了當地七個復康服務機構，盼望將新的元素帶進服務。
In hopes of gaining service insights, staff of Rehabilitation Service visited seven local rehabilitation service organizations in Taiwan in May 2016.

靈實胡平頤養院 Haven of Hope Woo Ping Care & Attention Home



院友細心製作手工，鍛鍊小肌肉。
Elderly making handicrafts, training up their fine motor skills.



老友記高呼：「我104歲生日啦！」
Elderly shouted, "It is my 104 year-old birthday!"

YOU CAN CHANGE THE WORLD

您的支持帶來改變

靈實耆樂餅義賣籌款 讓長者過一個有尊嚴的晚年 飛躍人生

靈實在過去的六十多年，一直透過提供長者、復康、醫療健康及福音關懷等服務，與香港市民一起「尊重生命·改變生命」。今年，靈實耆樂餅義賣籌款邁進第21年，我們的目標籌款額為150萬，善款會用作靈實長者服務。我們盼望長者為社會奉獻了大半生寶貴歲月後，能夠有尊嚴地安享晚年，飛躍人生。

過去幾年，靈實耆樂基金透過資助訓練長者持續學習才藝，培養興趣以展現潛能。藉此令長者也能夠有機會服務社群，與社區保持連繫。靈實耆樂基金希望能為受惠者帶來歡樂，為高齡學習者建立自信，以達致發揮「老有所為」的精神。靈實亦邀請長者成為中心義工並予以培訓，讓長者參與支援中心各項服務。由2014年開始委任長者成為『長者友善大使』，在社區一同參與長者友善的推廣活動，發展所長。

今年，「麥兜」繼續成為耆樂餅的主角，並設有普通裝（附有3件迷你合桃酥及精美迷你「麥兜」收納盒1個，售價港幣\$20）及禮盒裝（附有9件合桃酥，精美迷你「麥兜」收納盒3個及1份精美禮品，售價港幣\$100）以供選擇，請即訂購或捐餅，亦可成為義工參與11月5日及6日的全港耆樂餅公開義賣！

Haven of Hope Qile Cake Charity Sale Let elders enjoy their late years with dignity & Leap to a good life

For the past 60 years, through the provision of services such as elderly care, rehabilitation, health care and evangelistic work, HOHCS together with Hong Kong people hold on to "Respecting Life. Impacting Life". This year, Haven of Hope Qile Cake Charity Sale enters its 21st anniversary. Our goal is to raise 1.5 million so as to fund our elderly care services. Since the elders have dedicated their life to serve the society, we hope they can spend their twilight years with respect and leap to a good life.

In the past, "Haven of Hope Qile Fund" funded elders to enjoy life-long learning so as to nurture their hobbies and allow them to showcase their talents. Hence, the elders also get the chance to serve the community and stay connected. Haven of Hope Qile Fund wants to bring joy to our service users. Besides, we want to help the aged learners to build their confidence, promoting a sense of worthiness. HOHCS also invites elders to become volunteers and provide them with training so as to enable them to play a part in supporting various services of our centres. Since 2014, elders are appointed as "Friendly elderly ambassadors", having them to promote elderly friendly activities while showcasing their talents.

This year, Mcdull continues to be the main character of Qile Cake. There are Regular Packs (with 3 mini walnut cookies inside a Mcdull storage box, HK\$20 each) and Deluxe Pack (with 9 walnut cookies, a total of 3 Mcdull storage boxes and a premium, HK\$100 each), please don't hesitate to make your order or donation. You can also support us by volunteering in our open sales on 5-6 November.



耆樂餅普通裝
Qile Cake Regular Pack



耆樂餅禮盒裝
Qile Cake Deluxe Pack



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: _____

電郵 Email: _____

地址 Address: _____

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件裝合桃酥及精美迷你麥兜收納盒1個) (3 pieces of Walnut Cookies and a McDull storage box)	HK\$ 20	盒/box	盒/box	盒/box	HK\$
耆樂餅禮盒裝 "Qile" Cake Deluxe Pack (包括9件裝合桃酥，精美迷你麥兜收納盒3個及精美禮品) (9 pieces of Walnut Cookies, 3 McDull storage boxes and a 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 Pick up myself

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 (送貨服務只適用於訂購滿\$2,000以上或自付郵費者 Delivery service only available to order of \$2,000 or above or customers who self-paid for the service): _____

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

捐餅 Cake Donation

*捐贈HK\$2,000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 HK\$2,000, 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HK\$2,000或以上)

Please donate the cakes to the singleton elderly or elderly at elderly homes on my behalf /my organization's behalf (donation of HK\$2,000 or above). :

機構名稱 Name of Organization: _____

地址 Address: _____

捐款或贊助 Donation or Sponsorship

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\$):

\$20,000 \$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 American Express

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

有效日期至 Card Valid Until: _____ 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/捐餅港幣\$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.

提起工作，香港人大多叫苦連天，埋怨工作辛勞，工時又長。但對於患有輕度智障的豪仔和阿珊，工作不但為他們帶來滿足感，更改變了他們的生命。



「藝術助廚」豪仔

面對訪問，豪仔表現得從容不迫，格外自信。乍問之下，方知他曾多次代表香港出國參加殘障人士足球比賽，因此不乏接受媒體採訪的經驗。球場上，豪仔當過守門員、後衛、中場；職場上，豪仔亦擔當過食肆中的各個崗位，包括水吧、傳菜、侍應等。

半年前，他加入基督教靈實協會—靈實醫院員工餐廳工作，協助準備和運送靈實改善家居及社區照顧服務中送到長者家居的飯菜。除此以外，他亦會協助廚師處理食材，包括清洗和切菜等。

「那位是我『大佬』，那位是我『老豆』……」豪仔興高采烈地介紹餐廳裡的「家人」們，他更笑言：「我們就像一家人，這裡就似家庭式經營。」

由樓面轉至廚房工作，豪仔形容這是個學習的好機會，他虛心求學的態度亦讓他從不同的「家人」身上學習到各式各樣廚藝技巧。就如湯粉麵上的蔥花，少點耐性和技巧也會影響它的外觀和口感；又如碟頭飯上的飯、饊、醬汁和配菜的顏色配搭及擺位也是一門藝術。

豪仔對待每一項工作都相當認真，還不時留意自己所預備的蔥花的「銷情」，他表示：「看到雜亂的食物，我也不太想吃，因此我會把飯菜擺得整齊美觀。看見食客享用自己預備的食物，我便會很高興。」

“Artistic Assistant Chef” Hao Zai

In face of an interview, Hao Zai was remarkably well composed and filled with confidence. Upon interview, we discovered that he had represented Hong Kong to join football matches for the disabled. Therefore, Hao Zai isn't lack of media interview experience. On court, Hao Zai has been a goal keeper, defender and midfielder. Meanwhile at work, Hao Zai has taken up various posts which include bartender, dish deliverer and waiter etc.

Half year ago, he started working in Haven of Hope Christian Service Staff Canteen. He is responsible for preparation and delivery of meals to elderly homes for Enhanced Home & Community Care Service Centre. In addition, he would help the chef to prepare food ingredients which include washing and cutting vegetables.

"That is my "big brother" and that is my "father"...." Hao Zai introduced his "family members" of the restaurant in thrill. "We are just like a family and the restaurant is like a family business." He did it with a big smile.

From the work of serving customers shifting to backstage support, Hao Zai described this as a great learning opportunity. He learns humbly from different "family members". He has learnt wide array of cooking techniques from them. For instance, preparation of the spring onions to be sprinkled on noodles requires patience and technique. They can affect the dish appearance and taste. A simple staple dish which combines rice, side dish, sauce and vegetables, the matching of colour and plating is also a form of art.

Hao Zai treats each job assignment seriously and even pays attention to the "sales" of the chopped spring onions prepared by him. "When I see food plated in a mess that will certainly affect my appetite. Thus, I will plate the dishes nicely to make it look appealing. Whenever I see customers enjoying the meals which I played a part in the preparation process, I will feel very delighted." He expressed.

When talking about work, most Hong Kongers are moaning and groaning. They complain about the hard work and long working hours. However, for Hao and Ah Shan who have mild mental disability, work is a source of satisfaction. Besides, work enables them to experience positive changes in lives.



「清潔達人」阿珊

外表像初出茅廬的阿珊，實在很難想像她已有多年工作經驗，她曾接觸的行業包括飲食、包裝及清潔，對待不同的工作，阿珊都滿腔熱誠。

阿珊原本在一間大型連鎖快餐店工作，但因為工時太長，一年前轉到靈實恩光學校工作，負責清潔，雖然需要大量體力勞動，但她一點也不介意。起初阿珊對清潔工作有點摸不著頭腦，不懂如何清潔浴室，更不懂如何清潔頑垢污漬，後來經同事輝姐和珍姐的培訓，阿珊現已成為「清潔達人」。

「清潔傢俬和地板要用不同的清潔劑；抹玩具就要用火酒。」阿珊自豪地分享清潔的竅門。

阿珊閒來更會跟恩光的學生聊天，協助學生餵食，發揮互助互愛的精神。雖然只在靈實恩光學校做了短短一年，但阿珊與同事已建立了深厚的友情，同事們都很樂意幫她解決疑難，相處亦很融洽，可說是阿珊在恩光工作的開心樂事，更是意外收穫呢！

“Cleaning guru” Ah Shan

With green and inexperienced look, it's difficult to imagine that Ah Shan has already been working for years. She has had the experience of working in catering, packaging and cleaning jobs.

Ah Shan worked in a fast food chain restaurant before. However, due to the long working hours, she started working in Haven of Hope Sunnyside School a year ago. Although her job was taxing, she didn't mind at all. In the beginning, Ah Shan was clueless about how to clean a bathroom, not to say wash away stains. After the training provided by her colleagues, Fai and Chun, Ah Shan has become a "cleaning guru".

"Cleaning furniture and the floor require different kind of detergents. For instance, cleaning the toys we need to use isopropyl alcohol." Ah Shan shared the cleaning tips with us with pride.

Ah Shan would also chit chat with Sunnyside School students when she is free. She assisted in feeding the students, showcasing the spirit of love and care. Although Ah Shan has worked in Sunnyside School just for a year, she has already built an intimate deep friendship with her colleagues. Her colleagues were more than willing to help her solve any problem and they got along well. All these are simply an extra reward for Ah Shan during her service in Sunnyside School.

TELL US YOUR STORY

一行一故事

最後的責任

醫護詞彙“Last offices”意指最後的責任，即處理離世病人遺體的程序，主要由護士帶領照顧員進行，過程雖不複雜，但對離世病人的家屬別具意義；“Last offices”也是紓緩治療中所提倡「去者善終，留者善別」的關鍵。

「我是過來人，深深明白到在摯親離世時能夠陪伴左右，作最後道別比一切都重要。」靈實司務道寧養院註冊護士Priscilla指出爸爸離世時的經歷對她今日的工作有莫大的影響。

在靈實司務道寧養院，院友在彌留之際會被安排至獨立房間，讓院友在平靜的環境和家人陪伴下走完人生最後一程。證實院友離世後，護理同工會替病人拆除喉管和醫療儀器，再為遺體作簡單的整理，Priscilla解釋：「家屬會把親人離世時的容貌銘記在心，因此我們會盡力令遺體看起來安詳、自然，才給家人見最後一面」。

由於在室溫擺放時間太久會影響遺體保存，大概一小時後，護理同工就會整理遺體，再換上死者生前喜歡的衣服，移至道別室。除了陪伴，Priscilla也會鼓勵家屬參與死者的最後護理，例如整理頭髮、扣鈕子，微小的程序是家屬能替逝者做最後的事。

在靈實司務道寧養院裡，家人等候室、道別室和殮房取名為「懷信閣」、「懷愛閣」和「懷望閣」，希望家屬縱然面對傷痛，但仍能懷著信、望、愛，積極面對人生。

相對其他護理工作，Priscilla認為處理遺體的工作別具意義，「平時我們為病人做的護理工作是他們能直接感受到的，而處理遺體就不一樣。院友生前有尊嚴，死後也有；如何讓他們有尊嚴地離開是我們最後的責任。」她補充。

雖然處理過無數的遺體，但她對每個病人都有感情。「他們每一位都是有血有肉、有身份的人。雖然生命已去到終結，但他們是我們的無言老師，我們在他們身上都會有所學習。」她說。

Last Offices

The term “Last offices” means the last responsibility, which refers to the process of handling the patients' dead body. Such process is mainly carried out by the health service worker under nurse's supervision. It's not complicated but it means a lot to the family who have lost their love ones.

“I truly understand that being at the bedside of the beloved during their departure and bidding the last farewell is vitally important.” Priscilla, a registered nurse of Haven of Hope Sister Annie Skau Holistic Care Centre mentioned how her father's death has greatly impacted her way to serve.

In Sister Annie Skau Holistic Care Centre (SASHCC), while a patient is about to die, he or she will be arranged to stay in a single room. In this way, the patient can complete his last journey in a peaceful ambiance with the company of family members. Upon confirmation of patient's death, nursing staff will remove the tubing and medical devices. Afterwards, the dead body will be tidied up. “The look of the patient at their death will be deeply remembered by their family members. Hence, we will do our very best to make the body look peaceful and natural.” Priscilla explained.

Keeping the body at room temperature may affect the condition of the dead body. Therefore, within one hour, nursing staff will tidy up the body. After putting on the deceased person's favorite outfit, the body will be moved to the farewell room. Apart from accompanying them, Priscilla will encourage family members to join some last nursing processes, such as combing hair.

Priscilla thinks that handling the dead body is a task filled up with special meaning. “The daily nursing care we provide for the patients is sensed by the patients themselves. However, it is totally different when handling the dead body. Our patients not only deserve respect before death, but also after death. To let them pass away in a respectful manner is our responsibility.” She added.

Although having dealt with a large number of dead bodies, she still serves with a heart for each and every one of them. “All of them are formed with flesh and blood, they are someone with identities. They are our teachers without words though they were dead. We can still learn from them.” she said.



靈實司務道寧養院註冊護士李嘉盈
Priscilla Lee, Registered nurse of SASHCC

懷信閣

房間佈置簡樸又不失溫馨，牆上畫上美麗的壁畫，喻意人生會經歷不同的景象，最後也會回歸平靜，讓家人在認領遺體前先平伏情緒。

Paradise of Faith

Back to simplicity, the beautiful collage impresses people with a touch of serenity and home-coming. Contextually, it implies the different stages of a life journey that eventually return to a state of peacefulness. This empowers the family members peace of mind when claiming the dead body.



懷望閣

司務道寧養院同工會為每位離世病人獻上一束花，代表著寧養院對他們的悼念和最後的祝福，為本來冰冷的殮房增添溫暖。

Paradise of Hope

SASHCC staff will present a sympathy flower to the deceased to express our condolences that helps warming up a chilly mortuary.



懷愛閣

房間佈置如睡房一樣；窗邊透入的陽光和房內播放的音樂，教人感覺溫暖。遺體給換上衣服、整理儀容、蓋上被子，感覺像平常熟睡一樣；當一切準備好了才請家人入內認領遺體及道別。

Paradise of Love

The bedroom décor gleaming with a beam of sunray and playing soft background music collectively gives a cozy ambiance. Getting changed, groomed, covered with a quilt, the deceased looks like a person sleeping soundly. After all the preparation, the family members enter to claim the corpse and say the last goodbye.



2016靈實「築動生命慈善跑」

屈指一算，還有兩個多月就是聖誕節，大家定必會趁這長假期大吃大喝，與好友相聚，但體內積存的脂肪怎麼辦呢？我們誠意推介你參加2016靈實「築動生命慈善跑」，行善之餘，又可以保持體型健美，確保身心靈健康。

活動詳情如下：

日期：2016年12月11日(星期日)
時間：9:00am (10公里慈善跑)
10:30am (3公里慈善行)
地點：將軍澳海濱公園
受惠服務：靈實「築動生命全方位關顧計劃」—
靈實胡平頤養院擴建工程
費用：個人組別(最低籌款額\$250)；團體組別、
家庭組別(最低籌款額\$1,000)；企業組別
(最低籌款額\$4,000)
截止報名：11月30日(凡於10月31日前報名，可享
8折優惠)
查詢熱線：2703 3290 (陳小姐) / 2703 3236 (陳先生)

Run & Walk for the Haven Project 2016

Flipping the calendar, there are still two months left before Christmas. For sure, we will take this golden opportunity to eat well with family and friends during this long vacation. However, what to do with the fats accumulated after big feasts has always been a headache to most of us. To enhance our holistic well-being, you are cordially invited to take part in Haven of Hope Christian Service Charity Run 2016, for charity and for one's own health.

Haven of Hope Christian Service Charity Run 2016 Event details:

Date: 11 December 2016 (Sunday)
Time: 9:00am (10km charity run)
10:30am (3km charity walk)
Venue: Tseung Kwan O Waterfront Promenade
Beneficiary: The Haven Project – Extension Project of
Haven of Hope Woo Ping Care and
Attention Home
Enrolment fees: Individual (minimum fundraising amount: \$250);
Group, family (minimum fundraising amount:
\$1,000); Corporation (minimum fundraising
amount: \$4,000)
Deadline: 30 November (20% discount for enrolment
on or before 31 October)
Enquiry: 2703 3290 (Ms Chan) / 2703 3236 (Mr Chan)



靈實·錦昇輝粵劇團粵劇慈善演出

粵劇是中國傳統國粹，在歷史洪流中，全賴各個劇團加以推廣，不斷改良革新，漸漸得到香港各階層人士的認識和認同，而錦昇輝粵劇團則是當中的佼佼者。靈實今次在首度與錦昇輝粵劇團，藉粵劇慈善演出，為靈實「築動生命全方位關顧計劃」籌募經費，並向市民大眾推廣計劃內容。

活動詳情如下：

日期：2017年1月21日(六)至1月22日(日)
時間：7:30pm
地點：香港文化中心大劇院
演出團體：錦昇輝粵劇團
受惠服務：靈實「築動生命全方位關顧計劃」
票價：\$1,000 / \$800 / \$600 / \$480 / \$360 / \$240 /
\$180
查詢熱線：2703 3373 (吳小姐) / 2703 3392 (陸小姐)



Haven of Hope Christian Service · Golden Blossom Opera Troupe Charity Cantonese Opera Performance

Without doubt, Cantonese Opera is our traditional cultural heritage. Thanks to the efforts of various opera troupes, our cultural treasure can be preserved and gradually made known to different sectors in Hong Kong. Golden Blossom Opera Troupe is one of these outstanding opera troupes which is active in promoting Cantonese Opera.

Sharing the same enthusiasm in serving the community, HOHCS is going to collaborate with Golden Blossom Opera Troupe for charity for the very first time. Proceeds generated will be used for the Haven Project.

Event details:

Date: 21-22 January 2017 (Saturday & Sunday)
Time: 7:30pm
Venue: Grand Theatre, Hong Kong Cultural Centre
Presenter: Golden Blossom Opera Troupe
Beneficiary: The Haven Project
Ticket price: \$1,000 / \$800 / \$600 / \$480 / \$360 / \$240 / \$180
Enquiry: 2703 3373 (Ms Ng) / 2703 3392 (Ms Luk)

HEALTH TIPS

健康知多少

山姆療法 恢復身體自我復原能力的另類治療

我們天生擁有自我復原及修復傷患的能力，但當這種復原能力被削弱時，我們就需要尋找治療方法。本文提及的「山姆療法」，透過全身治療，幫助身體各器官協調暢順，促進它們之間的互動，校正身體結構上的歪斜，從而恢復身體自我復原能力。

山姆療法參考松井孝嘉醫生的頸性肌肉症候群療法、肌膜鬆弛法、阿當氏治療、磯谷力學療法、內臟器官復位法、骯軀骨療法，以及筆者的臨床經驗而成。療法本身並沒有醫治的功效，但透過營造有利條件，讓身體自我的復原能力盡可能不被窒礙，現時多數用於腰背頸痛症、膝關節退化、腦創傷患、腸胃問題、鼻敏感、水腫、心血管毛病、月經失調、青光眼等。

療法特色：

以柔制剛，著重身體的整存性，視身體各部份為一體。在身體的不同部位，應用不同的手段，而非使用單一手法處理身體所有部位。

療法功效：

1. 減低肌肉張力
2. 擴闊關節活動幅度
3. 提升肌肉活動能力
4. 舒緩疼痛
5. 改善循環系統功能
6. 改善內臟系統功能（如消化和排泄系統）
7. 提升身體個別部位的功能，例如嘴嚼、發音、吞嚥等的喉部機能。

陳恩賜

靈實專業復康服務營運總經理



Samuel's Protocol An alternative therapy: Our self-healing power that readily replenishes our energy

All of us are gifted with self-healing power. However, once the ability is upset, we need to find an alternative therapy. "Samuel's Protocol" is a holistic treatment that helps regulate our organs and fix the imbalanced body physiques; and promotes the interaction of our body systems. As a result, our self-healing power is restored.

Samuel's Protocol integrates different therapies such as Dr. Matsui's Treatment Approach, Myofascial Release, Dorn Therapy, Isogai Therapy, Visceral Manipulation, Craniosacral therapy together with writer's own clinical experience. Nevertheless, this therapy does not heal. Instead, it helps create a favorable environment for the body to generate and restore the self-regulatory mechanism. It is commonly used to heal the back neck pain, knee osteoarthritis, traumatic brain injury, gastrointestinal disorder, allergic rhinitis, edema, cardiovascular disease, menstrual disorders, and others.

Therapeutic Characteristics:

Hardness is conquered by softness – Through the holistic approach, each part of the body will be treated differently. There is no one single treatment solution for all parts of the body.

Therapeutic Efficacy:

1. Reduce muscular tension
2. Widen the extent of joint motion
3. Enhance muscular strength
4. Pain relief
5. Strengthen circulation system
6. Improve body systems (such as digestive and excretory systems)
7. Enhance the functional strength of a particular part of the body; such as throat functions including chewing, vocalizing and swallowing.

Samuel Chan
Operations General Manager,
Haven of Hope Self-Financing Rehabilitation Service

MESSAGE TO DONOR

給捐贈者的話

靈實「築動生命全方位關顧計劃」 全城參與 築動生命

靈實「築動生命全方位關顧計劃」已經全速啟動，當中靈實醫院擴建計劃已於七月底展開，包括進行地盤圍封及樹木工程；樹木工程需時約六個月，隨後亦會開始地盤平整及地基工程。此外，靈實胡平頤養院的加建工程也進行得如火如荼，早在上年，我們已經開始整理院舍一樓的辦公室、會議室，準備改建為新病床及復康中心。而其他計劃，包括擴建司務道寧養院、新建嚴重智障人士日間中心暨宿舍及新建護理院暨護養院，將陸續開始可行性研究勘察，為工程做好準備。

如果你有機會到訪靈實台，相信你會看到原本寧靜清幽、人煙較少的環境，漸漸多了人流，如工程人員施工及地區人士到訪，意味著將來的靈實台會愈來愈繁盛，更多人前往此地，得到美好的祝福。最近幾個月，靈實台的鳳凰木也綻放得特別嬌美，彷彿在祝福十年計劃的開展。

十年計劃旨在惠澤社區，滿足市民對社會福利服務的需求，因此市民大眾的參與相當重要。我們即將推出一系列社區參與活動，讓大眾了解計劃內容，推動市民關心社區發展。活動第一炮將邀請學校、屋邨屋苑、區議員及市民大眾參與大型油彩活動，合力製作大型油畫，畫出心目中的「盼望之灣」，並把作品印製成街頭橫額，懸掛於區內，與社區共享成果。如你有興趣參與油畫製作，請立即致電2703 3250與倫小姐聯絡，身體力行，支持靈實「築動生命全方位關顧計劃」！

The Haven Project Engage the community to impact life

The Haven Project, HOHCS' ten-year capital development plan has been kicked off at full speed. Meanwhile the extension of Haven of Hope Hospital has commenced since end of July. Works include enclosure of construction site. Timber engineering will take around six months to complete and then site formation and foundation works will follow accordingly. Besides, the extension of Haven of Hope Woo Ping Care & Attention Home is also running in full swing. Last year, we have begun clearing of the office and conference room on the first floor so that renovation work can be done to convert it to a rehabilitation centre with new beds. Other plans include the expansion of Sister Annie Skau Holistic Care Centre as well as the newly built Day Activity Centre cum Hostels and the new standalone Care and Attention Home for the severely disabled persons / Nursing Home. All these plans will undergo feasibility study and surveying as preparation before launching.

If you have the opportunity to visit the Haven of Hope Terrace, perhaps you may start to realize the once tranquil ambiance has gradually become a bustling place. There are more construction workers and people coming and going, signifying the future change – HOHCS will become more prosperous and more people can be blessed by visiting this place. In recent months, the Royal Poincianas at HOHCS are blossoming beautifully as if they are showers of blessing for the commencement of the Haven Project.

The Haven Project aims to bless the community and satisfy the needs of people for social welfare services. Therefore, the participation of the community is very important. We will soon kick off a series of events for the community engagement, allowing the public to get a better picture of our development plan. We want to motivate people to attend to the development of their community. First of all, we will invite schools, estates, district council members and citizens to participate in a massive oil painting event. Together they will produce a huge oil painting and paint their ideal "Haven of Hope". The painting will be produced into a banner and displayed in the community. If you are interested in playing a part in producing the oil painting, please contact Ms Lun at 2703 3250.

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

基督教靈實協會尊重閣下所提交的個人資料，並會確保所有個人資料都根據《個人資料（私隱）條例》所載的規定妥善保存及適當使用。本會將使用閣下所提交的個人資料（包括閣下的姓名、住址、電話號碼及電郵地址）進行服務宣傳及慈善籌款推廣用途，但我們在未得到閣下的同意之前不能如此使用你的個人資料。

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.

簽署 Signature : _____ 日期 Date : _____



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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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