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靈感

HAVEN OF HOPE NEWS

JAN 2017

專題 THEME

不一樣的長者服務 A One of A Kind Elderly Service



基督教靈實協會 Haven of Hope Christian Service

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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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WORDS FROM CEO 行政總裁的話

親愛的靈實支持者：

身為安老事務委員會主席，我最近數個月馬不停蹄到十八區參與論壇，與市民大眾就香港安老服務計劃方案建立共識。誠然，香港人口老化加劇，到2024年，老年人口將由2014年的15%躍升至23%。你和我家中都可能擁有長者，正所謂「家有一老，如有一寶」，我們都視長者為至寶，希望給予他們最好的照顧，亦盼望自己將來年老時，可得到適切的資源，居家安老。因此，我出席的論壇及座談會均座無虛席，大家都踴躍表達心中理想安老服務的要求。

靈實早在三十多年前，已經開始為西貢區長者提供非政府資助的長者家居照顧服務，及後於九十年代，我們開始營運長者院舍，為身體虛弱而未能在家安老的長者提供另一種選擇。至今，靈實已積累了數十年的安老服務經驗，時代轉變急速，靈實堅持因時制宜，為長者提供最貼心的服務。今期，我們將探討香港長者照顧服務現況，並介紹靈實胡平頤養院及新開放的靈實翠林長者日間訓練中心所提供不一樣的長者服務。

我們期望靈實的長者服務不但能緊貼時代的脈搏，更能切合市民心中所想，把長者的智慧轉化為社會資源，助他們安老的同時，讓他們能繼續貢獻社會，造福社群。

行政總裁
林正財醫生

更正啟事 Amendment Notice

刊登於92期靈感第7頁之靈實「築動生命全方位關顧計劃」各項目之中英對譯更正如下：
The correct bilingual expressions of the sub-projects of The Haven Project on P.7 of HOH Newsletter (issue 92) are as follows:

- 1 擴建靈實胡平頤養院
Extension Project of Haven of Hope Woo Ping Care and Attention Home
- 2 擴建靈實醫院
Expansion of Haven of Hope Hospital
- 3 新建嚴重殘疾人士護理院及長者護養院
New Standalone Purpose-built Care and Attention Home for Severely Disabled Persons and Nursing Home
- 4 擴建靈實司務道寧養院
Extension Project of Haven of Hope Sister Annie Skau Holistic Care Centre
- 5 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

特此更正。
We apologize for any inconvenience caused.

Dear Haven of Hope Supporters,

As the Chairman of the Elderly Commission, I have been actively attending public engagement forums in all 18 districts in these few months. In these forums, we hope to build consensus with the public concerning Elderly Services Programme Plan in Hong Kong. Indeed, Hong Kong population is ageing rapidly. It is projected that the percentage of elderly population will increase significantly from 15% of the population in 2014 to 23% in 2024. We may have elders in our households, just as the old Chinese proverb goes, "Having an elder in the household is like having a treasure at home". We cherish our elderly and hope to provide them with the best quality of care. We also hope to have proper resources to allow us to age-in-place. Hence, there was always a full house before me when I attended forums and seminars; everyone was eager to express views about the ideal elderly care model in their minds.

Thirty years ago, Haven of Hope Christian Service (HOHCS) had already started to provide non-government-subvented home care service for the elders in Sai Kung district. In the 1990s, we started to operate residential homes for those frail elders who require intensive care which cannot be provided at home. By now, HOHCS has accumulated more than several decades of elderly care experience. Despite rapid social changes, HOHCS keeps abreast of the changes and tailors our services to meet the needs of the elders. In this issue, we will look into the current conditions of elderly care service in Hong Kong. Besides, we will also introduce the pioneering services of Haven of Hope Woo Ping Care & Attention Home and the brand-new Haven of Hope Tsui Lam Day Training Centre for the Elderly.

We strive to provide elderly services that can keep up the pace with times and match up to the wishes of community dwellers. We aim at mobilizing the wisdom of our elders as social capital while providing them with timely elderly services, so that they can continue to serve the society and benefit others.

Dr Lam Ching-choi
Chief Executive Officer



林一星認為越多服務模式供長者選擇越理想，因為永遠沒有單一模式適合所有長者。
Professor Lum thinks the more variety of service models the elders can choose, the better it will be because a single model alone will not be able to cater for the diverse needs of the elders.

香港人口老化是不爭的事實，長者的需要隨時代變遷也有所轉變，今期靈感我們訪問了林一星教授有關香港長者服務的現況。

從事香港老齡化政策研究多年，香港大學社會工作及社會行政學系系主任林一星教授認為近年香港八十五歲或以上的長者人口增長速度甚快，其需要也與較年青的長者截然不同。「由於醫療科技進步，人的壽命延長，即使年長且患有認知障礙症的長者仍可留在社區生活，但他們除了手腳不靈活外，認知能力及記憶也有錯亂，出現行為問題，而且社區支援網絡較薄弱。」林一星指出。

香港政府於1977年發表福利白皮書，率先提出「居家安老為主，院舍照顧作支援」；1997年前特首董建華的施政報告進一步推動居家安老，及後政府採用「錢跟人走」模式，推出醫療券、長者社區照顧服務券試驗計劃第一階段及長者社區照顧服務券試驗計劃第二階段。林一星認為越多服務模式供長者選擇越理想，因為永遠沒有單一模式適合所有長者，而且「錢跟人走」模式可動員社區資產，發揮自我照顧。

「舉例一個長者需要送飯服務，如果申請社區照顧，政府就要依賴社會服務機構聘請受薪人員提供服務。但同一資助額其實可以留在社區，因為長者的鄰居可能都需要每天煮飯，如果由鄰居負責為長者提供飯餐，不但彈性較大，長者可以享用熱湯熱飯，更可減輕社會服務機構的人手壓力。」林一星解釋。

要落實居家安老，林一星認為香港面對的挑戰不比其他國家多。雖然香港居住環境狹小，但有一半長者與成年子女同住，照顧上一代的傳統觀念也根深柢固，加上海外傭工的支援，居家安老全面推行的可行性也較高。

林一星覺得「不一樣的長者服務」要多元化及個人化，滿足長者不同需要，同時確保服務可以保持良好質素。他希望自己的晚年生活健康，閒時閱讀、種植或養魚，且在社會可以有饒富意義的參與。

THEME 主題

Ageing is a well-recognized trend in Hong Kong. The needs of elders change along with time. In this issue we interviewed Professor Terry Lum about the current situation of elderly services in the territory.

Professor Terry Lum is the Head of Department of Social Work and Social Administration of The Hong Kong University. He has conducted research on Hong Kong ageing policy for years. He reckons that the population of oldest-old in Hong Kong has a rapid increase and their needs are different from the young-old. "Due to the advancement in technology, the human life expectancy has increased. Even elders with dementia may still reside in community. Apart from poor physical mobility, they may suffer from cognitive impairment as well. Besides, the elders with dementia may have behavioural problems and poor support network." Professor Lum stated.

The Hong Kong Government published a white paper on social welfare in 1977 which took the lead to put forward the idea of "Ageing in Place as the core, institutional care as back-up". In 1997, the former Chief Executive Tung Chee-hwa further promoted the idea of "Ageing in place". Later on, the government applied the "money follows the person" model and launched the "Health Care Voucher", "First Phase of the Pilot Scheme on Community Care Service Voucher for the Elderly" and "Second Phase of the Pilot Scheme on Community Care Service Voucher for the Elderly". Professor Lum thinks that the more variety of service models the elders can choose, the better it will be. It is because a single model alone will not be able to cater for the diverse needs of elders. Besides, the "money follows the person" model can mobilize social capital and promote self-care.

"For instance, when an elder needs meal delivery service, if he or she applies for community care, the government will have to rely on welfare organizations in community to hire staff and render the needed service. In fact, the same amount of subsidy can be retained in community through mobilizing the neighbourhood to

serve the elders. This is because instead of having the service offered by a welfare organization, the elder can enjoy the meal prepared by his/her neighbour who may also need to cook for themselves. Such utilization of social capital to serve elders is far more flexible and it can alleviate the manpower strain of the welfare organizations." Professor Lum explained.

To put "Ageing in Place" into implementation, Professor Lum thinks that the challenges of Hong Kong do not exceed those faced by other countries. Although the living environment of Hong Kong is crowded, more than half of the elders live with their adult children and the traditional concept of taking care of elders are deeply rooted. Besides, with the support of overseas domestic helpers, the possibility of implementing "Ageing in Place" is therefore relatively high.

Professor Lum thinks "this atypical model of elderly service" should be diversified and personalized; catering for the diverse needs of elders. At the same time, the quality of the services must be well maintained. He hopes in his late years, he can live healthily, read more books during his leisure time, spend time on gardening or keeping a tank of fish. Also, he wishes to have more meaningful social participation.



靈實翠林長者日間訓練中心

患有中度至嚴重缺損的長者由於體力開始下降，認知能力衰退，常會感到孤獨苦悶，一般長者日間中心儘量安排多元化的膳食及活動，希望為他們提供最貼心全面的照顧。然而，很多傳統的長者日間中心早於九十年代初成立，環境設備及活動設計皆未必可以滿足體弱長者的需要。

全新的靈實翠林長者日間訓練中心突破公共屋邨間隔的限制，裝潢設計以聖經的挪亞方舟為藍本，整個中心共分為七個艙房，分別繫上彩虹七色，寓意聖經人物挪亞與上帝在彩虹立下的永約，帶來豐豐富富的恩典。中心營運經理郭碧指：「公屋的間隔反而有助服務營運，雖然艙房之間的主力牆不能拆毀，但這樣反而加強艙房內長者的親密感，尤其患有認知障礙症的長者，一般難以適應空曠的空間及人來人往的環境。」中心每間艙房都像一個課室，繫上繽紛的色彩，為長者提供官能刺激；十多名長者共處一室，按他們的需要及個人喜好，自由選擇喜歡的活動。



為了令長者重拾自我價值，中心會安排各類種植活動，甚至由長者照顧小寵物，或製作曲奇點心，參與慈善義賣，助人自助。此外，中心之所以稱之為「訓練中心」，是因為靈實相信長者即使是中度至嚴重殘缺，仍然可以透過訓練，提升能力，因此，專業同工會為長者設計各種智力活動，如公文數，並按級數跳升，令長者都感到自己可以進步，有自主能力。

除日間服務外，中心亦會提供家居服務，透過彈性服務組合，期望為長者提供真正以人為本、不一樣的照顧。現時，中心接受長者社區照顧服務券，另設自負盈虧服務名額，如有查詢，歡迎致電2327 1732或5281 6325。



中心內的大班椅顏色鮮豔，可增加長者官能刺激。

The elderly chairs in the centre are designed with sharp colours to offer stimulations to the elderly.

Haven of Hope Tsui Lam Day Training Centre for the Elderly

For elders who are suffering from moderate to severe impairment, they often feel lonely due to the deterioration of their physical strength and cognitive abilities. Most elderly day care centres will endeavour to arrange diversified meal plans and activities for the elders, in order to render quality care for them. However, many traditional day care centres were established in the early 1990s, the settings and designs of the centres were not able to match with the needs of the frail elders.

The brand new Haven of Hope Tsui Lam Day Training Centre for the Elderly (TLTC) has surmounted the constraints imposed by the physical setting of public housing estate. Noah's Ark is used as the blueprint of the design of the centre. The whole centre was divided into seven cabins with each cabin painted in one of the rainbow colours. The implied meaning of this thoughtful design is the covenant that Noah and God had made under the rainbow, overflowing with grace. Kwok Bik, the Operations Manager of the Centre said, "The settings of public housing estates actually facilitate service operation. Although the load-bearing wall could not be dismantled, the compact setting of the cabins instead give elders a sense of intimacy. Especially for elders with dementia, it is difficult for them to adapt to a spacious environment with too many people buzzing around." Each cabin in the centre is like a classroom,

the walls which were painted with bright colours can stimulate the senses of elders. With around ten elders in the same cabin, they will choose the activity to take part according to their personal interests.

In order to help elders regain self-esteem, the Centre will arrange various activities such as planting, taking care of pets, making cookies or even participating in charity sale, to encourage elders to help themselves while helping others at the same time. Furthermore, the Centre is named as "training centre", because HOHCS believes that even elders with moderate to severe impairment can have a lift in abilities through training. Therefore, our professional staff will tailor-make wide array of intellectual activities for them, such as Kumon Maths. The elders can jump to higher levels and earn a sense of self-satisfaction through improvement in abilities.

Apart from day care, TLTC also provides home care services. Through a combination of services with high flexibility, we hope to provide elders with people-oriented and a one of a kind care service. Currently, the Centre accepts Community Care Service Voucher for the Elderly and also provides self-financed service quota. For queries, please feel free to call 2327 1732 or 5281 6325.



種植盆栽可改善長者的情緒，平衡在生活中被照顧的角色，從而增加自信心。

Through planting, the elderly can engender more positive emotions and balance the role of being taken care of, thereby to increase their self-confidence.



靈實胡平頤養院

靈實胡平頤養院成立至今17年，為長者提供長期和短期住宿及護理服務。靈實「築動生命全方位關顧計劃」為院舍展開擴建工程，引入全新的復康概念，透過復康訓練，協助長者實踐居家安老的願望，讓他們重燃對生命的期盼。

靈實長者服務主管周麗如表示，近年不少長者希望有更高自由度的安老服務，「他們不太願意長期住院，反之期望透過復康訓練，令身體機能可恢復至入院前的七至八成狀態，從而居家安老。」她直言，居家安老是近年長者護理服務的大方向，院舍照顧則是後援方案。靈實長者服務的概念是：在長者有需要時才入住院舍，接受護理服務及復康治療，待情況好轉，便回家安老；假若情況有變化，便重回院舍，再接受照顧，而非不論情況好壞，一律長期住院。

靈實胡平頤養院同時協助照顧者應對長者護理的問題和需要，有效實踐「居家安老」的願景。「長者進入院舍時，我們著眼不是他的情況有多壞，而是如何協助他們使用剩餘的能力，透過護理、保健、物理和職業治療及復康訓練等服務，讓他們重拾昔日的活動能力和生活模式，縱使不是一模一樣，但也盡量保持自我照顧能力，從而減輕照顧者的壓力。」周麗如說。

因此，靈實胡平頤養院近年積極推廣復康和居家安老概念，擴建計劃亦圍繞這理念而發展。新計劃可帶來103個新床位，而復康室的面積亦會相應增大，並添置先進復康儀器，例如站立訓練儀器。

周麗如期望，新計劃的擴建工程完成後，可增加長者復康機會，提升其生活和自理能力，進一步實踐居家安老的理念。

Haven of Hope Woo Ping Care and Attention Home

Haven of Hope Woo Ping Care and Attention Home (WPH) has been established for 17 years. It provides elderly with long-term and respite residential and care services. In the Haven Project, WPH will embark on extension and introduce a brand-new rehabilitation concept. Through rehabilitation training, we aim to help elders fulfill their aspiration to age-in-place, in order to re-ignite their hopes in lives.

Eanna Chow, Head of Haven of Hope Elderly Services expressed that there are quite a number of elders desiring for elderly services with greater flexibility and freedom. "They are not willing to stay in elderly homes for long. Instead, they hope that their health conditions can recover to 70% to 80% through rehabilitation training so as to age-in-place." She stated that "Ageing in place" is the key direction for elderly care services in recent years. Elderly residential home care only serves as a backup. The concept of Haven of Hope Elderly Services is that elders should only be admitted to elderly homes when care need arises. They will concurrently receive nursing care and rehabilitation treatment. Once their conditions improve, they will return to their home. However, if changes occur, the elders can return to the elderly home for more attentive care. Therefore, it is no longer necessary for the able elderly to live in elderly homes disregarding their health conditions.

Meanwhile, WPH will help carers of elders to tackle the problems they face when attending to elders' nursing needs. With such comprehensive services, we want to realize the vision of "Ageing in Place". "When an elder is admitted to WPH, we are not focusing on how bad their conditions are. Rather, we will find ways to assist them to fully utilize their residual abilities. Through nursing care,



health care, occupational therapy, rehabilitation training etc., the elders can regain mobility and restore their lifestyle. Though their capability may have declined, they can retain the ability of self-care and alleviate the pressure of carers." Eanna Chow expounded.

Therefore, WPH actively promotes the concept of rehabilitation and "Ageing in place" in recent years. The extension project is developing along this line. The project will provide a total of 103 new beds. Furthermore, the rehabilitation centre will increase in size and will get equipped with advanced rehabilitation equipment such as stand training device.

Eanna Chow hopes that upon the completion of the expansion project, the chances for elderly rehabilitation can be enhanced. With the elevation of the self-care ability of elders, the ideal of "Ageing in Place" can be realized.

靈實「築動生命全方位關顧計劃」啟動禮暨午宴 The Haven Project Kick-off Ceremony cum Luncheon



2016年10月27日，在80多位靈實支持者的見證下，勞工及福利局局長張建宗先生與一眾主禮嘉賓一同主持靈實「築動生命全方位關顧計劃」啟動儀式，寓意靈實十年發展計劃正式啟動。

Witnessed by over 80 HOHCS supporters, Mr Matthew Cheung, GBS, JP, Secretary for Labour and Welfare and other guests officiated the kick-off ceremony on 27 October 2016 which officially announced the commencement of The Haven Project.

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



動動手小手工，院友創作有自己特色的「小兔子」。
Elderly making handicrafts, creating little bunnies bearing their personal characteristics.



義工手製色彩鮮艷的花燈，於中秋節送贈給院友，為他們添上節日色彩。看看老友記拿著花燈多開心！
Elderly joyfully showing the colourful handmade lantern given by volunteers during the Mid-autumn Festival.

復康服務 Rehabilitation Services



無礙於身體的殘障，學員坐著輪椅「玩轉」商場
In wheelchair, service users could also have fun in the mall.



義工與學員一起暢遊主題樂園
Service users visited the theme park happily with the volunteers.

靈實恩光成長中心 Haven of Hope Sunnyside Enabling Centre



在香港海景驕陽扶輪社的持續資助下，中心透過「扶輪凝聚家庭樂滿FUN」計劃，連續第二年為學員提供不同的治療服務，讓學員活得更豐盛，同時亦促進親子溝通，減輕照顧壓力！

Sponsored by Rotary Club of Bayview Sunshine Hong Kong, the "Rotary Family Solidarity and Happy Integration with the Community" Project was launched to provide various therapeutic services to students for the second consecutive year.

靈實恩光學校 Haven of Hope Sunnyside School



學生勇敢參與小帆船活動，揚帆出海挑戰自己，更表現得雀躍萬分。
One of our students attempted the dinghy sailing activity with bravery. How happy he was when he had achieved this breakthrough.



學生在家長陪伴下去赤柱旅行，心情輕鬆舒懷！
Students feeling relaxed going to excursion in Stanley with their parents.

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)



中心擺設「佳節食品慶中秋」攤位，透過遊戲與明華大廈居民一同歡度中秋佳節。

The Centre set up a booth named "Festive food to celebrate Mid-autumn Festival". Through games, we celebrated the festival with the residents of Ming Wah Dai Ha.

YOU CAN CHANGE THE WORLD 您的支持帶來改變

不一樣的合作

年青人給人的感覺總是喜歡吃喝玩樂，對社會承擔不足；透過結合大專教育及社會服務參與，年青人不但可以擴闊其公益視野，更能運用書本知識協助提升機構服務。

香港專業教育學院(青衣)活動及推廣市場學二年級生 Kikko、Wesley、Cindy、Elaine、Gigi及Yee Ting在郭耀華博士指導下，挑選靈實作為其畢業專題報告的主題，研究如何運用社交媒體協助提升靈實的公眾形象，可說是有意思且有趣的題目，而香港專業教育學院(青衣)與靈實的合作已經超過四年。未開始研究前，Kikko及Wesley只曾參與青少年義工服務，因此當參觀靈實服務單位時，他們感到很新鮮。「沒有想過服務那麼全面，就連服務使用者的家人都會照顧。」Kikko說。

問及參與靈實耆樂餅義賣的經驗，Kikko指自己以前都做過兼職推銷員，可算是有經驗，但耆樂餅義賣中面對的挑戰並不少，因為義賣商場的位置人流雖多，但途人來去匆匆，不是趕上班，就是為著參觀婚禮展覽，於是她主動一點，用誠懇的眼神打動途人，結果很多有心人均捐款購買。

Wesley表示自開始預備畢業專題報告後，他更確立自己的理想，期望將來在非政府機構工作，透過籌備活動帶出正面訊息，影響社會。



A Different Kind of Collaboration

People get the impression that youngsters are usually keen on having fun; but lacking a sense of social responsibility. Through the combination of tertiary education and participation in social services; youngsters not only can broaden their horizons but also utilize their knowledge to help enhance the services of organization.

Kikko, Wesley, Cindy, Elaine, Gigi and Yee Ting, sophomores of Higher Diploma in Event Marketing and Promotion of Institute of Vocational Education (Tsing Yi) selected HOHCS as the study subject of their final year project under the supervision of Dr Ben Kwok. Indeed, it has been four years in research co-operation between IVE and HOHCS. They were to research on how to utilize social media to help improve the branding of HOHCS. Before conducting the research, they visited HOHCS. "I don't expect HOHCS to provide such holistic services. The services even cover the needs of the families of service users," Kikko said.

As for how they felt after joining the Qile Cake Charity Sale, Kikko pointed out that she had been a part-time salesperson before. Despite her experience in sales and promotion, she still encountered some challenges. Although there was influx of people, most of them were in a hurry. Some of them were rushing to work and some just intended to attend the wedding expo. Kikko then took a proactive approach. Her enthusiasm touched some of the passers-by who immediately responded by making a donation to buy the Qile Cake.

Wesley said since he had started preparing for his final year project, he gained a better idea of his career pursuit. He hopes he can work in a non-governmental organization and through meaningful work; he can disseminate positive messages that promote a better society.



Haven of Hope Qile Cake Charity Sale 2016

Haven of Hope Qile Cake Charity Open Sale 2016 was held on 5 and 6 November. A total of \$1.47 million donation has been generated up till December 2016. This would not have been realized without the dedicated support of corporations, schools, housing estates, various organizations, each and every donor. This year, more than 3,000 boxes of gift pack were sold. It drew the attention of many supporters who expressed that it is not only presentable but is good for both self-use and gift to others. The gift pack is available until February 2017. Interested party can order gift pack at 2703 3284.

2016靈實耆樂餅義賣活動

2016靈實耆樂餅公開義賣活動經已於11月5及6日順利舉行！截至2016年12月，共籌得一百四十七萬元善款，實有賴各公司企業、學校、屋邨屋苑、團體及各善長的支持。今年的耆樂餅禮盒裝大受歡迎，售出數量超過三千盒，各合作伙伴及支持者均表示禮盒裝大方得體，送禮自用均可。直至2月28日，大家仍可選購禮盒裝。請致電2703 3284查詢。

此外，今年參加耆樂餅「友鄰共鳴—社區籌款比賽」的屋邨屋苑及議員辦事處皆非常踴躍，總籌款額超過十七萬元。今年比賽的冠、亞、季軍分別是香港房屋協會—觀塘花園大廈、維景灣畔業主委員會及疊翠軒業主立案法團。盼望來年有更多屋邨屋苑支持，使耆樂餅義賣成為社區的盛事！



Besides, residential estates and district councilor offices were active in the Qile Cake community fundraising competition. Their avid participation brought about over \$170,000 donations. The champion, first runner-up and second runner-up are Hong Kong Housing Society - Kwun Tong Garden Estate, Ocean Shores Owners' Committee and the Incorporated Owners of The Pinnacle respectively. We hope that more residential estates and district councilor offices can join this competition next year to make the Qile Cake Charity Sale a mega community event!



IMPACTING LIFE STORY 改變生命的故事

病人自強計劃是一項由醫院管理局資助，靈實營辦的項目，旨在透過健康小組及工作坊等活動，為糖尿病及高血壓病患者提供預防護理及疾病管理訓練，提升他們自我照顧能力，預防各種併發症。

「我在診所看見有很多病人，但職員卻很少，根本應接不暇，那時我就深深明白到義工的重要，除了可以幫助病人，也可以減輕診所職員的工作量。」病人自強計劃義工張李瑞芬女士娓娓道來她參與義工服務的緣由。

早年，張先生因患糖尿病，在醫生轉介下參加病人自強計劃，張太亦因而接觸這計劃。約一年多前，在社工邀請下，從未參與過義工活動的張太一口答應成為計劃義工：「退休後，時間比較充裕，既然能幫助人，何樂而不為呢？」她說。

張太主要負責協助健康小組，包括帶領參加者到會場、協助他們填寫健康問卷、解釋病人自強計劃內容等。由於不少參加者年紀較大，向他們解釋健康小組問卷內容，都需花上很多時間和耐性。

身為計劃參加者的家屬，張太認為她的經歷和知識對病友有很大幫助：「比方說，有時他們不明白為甚麼要填這麼多問卷，為何要訂目標，我都曾跟他們解釋是為了他們的健康著想。」她解釋道。

張太指出，她最大的得著，就是寶貴的知識，特別是醫療知識；不但有助她向計劃參加者解釋，亦能幫助她建立健康的生活模式及照顧丈夫，她亦不時與丈夫交流講座中吸收到的知識。

經過一年多，張太對健康小組的流程和義工的崗位都相當熟悉，不單能與其他義工分工合作，還可以協助帶領和指導新加入的義工，大大減輕職員的負擔，讓他們可以安心準備健康小組內容。「若果我有能力，都會繼續做下去，最重要的是可以幫助人。」她說。



張李瑞芬表示，計劃能幫助她建立健康的生活模式並照顧丈夫。
Cheung Lee Sui Fan thinks that the programme gives her knowledge to establish a healthy lifestyle and provide better care to her husband.

Patient Empowerment Programme (PEP) is subsidized by Hospital Authority and operated by HOHCS. It includes activities such as health support groups and workshops, with the aim to provide preventive measures education and illness management training for patients with diabetes or hypertension. By such, the self-care ability of the service users can be elevated to prevent different kinds of complications.

"During my previous visit to a clinic, there were a lot of patients but only a few staff. Seeing the staff deluged with patients, I truly realized the importance of volunteers. Apart from helping the patients, they can also help the clinic staff and alleviate their workload." Cheung Lee Sui Fan, a PEP volunteer expounded the reason why she joined the voluntary service.

In early years, Mr Cheung was diagnosed with diabetes and he therefore joined the PEP through doctors' referral. Hence, Mrs Cheung also got to know this programme. About a year ago, a social worker invited Mrs Cheung to be a PEP volunteer. Although Mrs Cheung had never been a volunteer before, she heartily accepted the invitation. "After retirement, I have more free time. Why not offer help to those in need?" Mrs Cheung said.

Mrs Cheung's main responsibility is to support the PEP health support groups. Her duties include ushering participants to the venue, helping them to fill in the health questionnaire and explaining the contents of the PEP, etc. As most of the participants are elders, it does take a lot of time and patience to complete these tasks.

As a family member of a PEP participant, Mrs Cheung thinks that her experience and knowledge enable her to provide better help to other patients. "For instance, the participants may not understand why they need to fill in so many questionnaires and why they need to set goals. I will then share my experience with them, as all these tasks are done for their good." Mrs Cheung explained.

Mrs Cheung pinpointed that, the biggest achievement is the valuable knowledge she gained, particularly the medical knowledge. All these not only has equipped her to serve the participants better, it also helps her build a healthy lifestyle and provide better care for her husband.

After a year, Mrs Cheung is familiarized with the rundown of the health support groups and the duties of volunteers. She can now help to allocate different job duties to other volunteers. Besides, she will help lead and train the newly joined volunteers. With Mrs Cheung's assistance, the workload of the staff has been lessened. The staff can thus focus more on preparing the support group contents and deal with other issues. "I will continue to help as a volunteer as long as I still have the ability. The most important thing is being able to help those who are in need." Mrs Cheung concluded.



病人自強計劃健康工作坊
Patient Empowerment Programme workshop



屈聖瑩明白到未必可以完全開解病人，但希望可以像小天使般與他們同行。
Sandie realizes it is not easy to console patients; however, she wants to be an angel to walk with them.

生命維修工程師

經常穿梭病房、穿上紫色長袍的屈聖瑩，每天探訪十多名病人，雖然她不是醫生，但卻是病人心靈的維修工程師－靈實福音事工部院牧。

畢業後本來一直從事會計工作的屈聖瑩，因為親人相繼患上癌病，令她體會到原來病人心靈上很希望得到安慰和盼望，加上信仰驅使，於是決心修讀為期兩年的臨床牧關教育課程，學習如何關顧自己和別人，期後再修讀為期四年的神學課程。

「我本身比較神經緊張，但修讀神學後，導師的引導令我從新檢視自己的背景、成長和生活，我發現自己其實有很多進步的空間。」屈聖瑩指。

就讀神學課程期間，她獲安排到靈實醫院實習，畢業後雖然教會亦有空缺，但她仍選擇院牧的工作。「雖然教會一直栽培我成長，但是我心裡那份感動驅使我留在醫院工作，加上在醫院工作，病人就是我首要服事的對象，所以我很願意繼續服事。」屈聖瑩說。

屈聖瑩平常工作忙碌，要兼顧探訪、與社工及醫護人員等開個案研討會、記錄探訪內容及家訪等，但最重要還是走進病人的生命，給予關懷與支持。

「我丈夫從事工程維修，同樣地，我亦是一個生命的維修工程師，了解病人的心靈需要，治療他們的心靈。還記得遇過一位肺病病人需要經常出入醫院，常常自怨自艾，後來他信了主，信仰令他學懂如何面對困難，尋找出路。」屈聖瑩說。

任職院牧的十年間，屈聖瑩明白到未必可以完全開解病人，但都希望自己能像小天使一樣與病者同行，令他們並不孤單，可以依靠上帝；假如病人沒有宗教信仰，也可為他們送上祝福。

屈聖瑩勸勉有心入行的人要有一顆關懷別人的心，為有需要的人送上關懷的力量。

TELL US YOUR STORY 一行一故事

Maintenance Engineer of Life

Cladding in her purple gown, Sandie Watt spends most of her time shuttling from ward to ward. She visits dozens or so patients each day. Although she isn't a doctor, with her role as a chaplain of Haven of Hope Evangelistic Work Department (EWD), she acts like a maintenance engineer of life who heals the patients' souls.

Upon graduation from school, Sandie had been working as an accountant. Nonetheless, several of her relatives were diagnosed with cancer one after another. This prompted her to make a change. She realized that patients have psycho-spiritual needs. They yearn for comfort and hope. Besides, driven by her religious belief, she was determined to enroll in a two-year Clinical Pastoral Education (CPE) course. Through the course, she learnt how to care for others and her own self. To further advance her knowledge, she later took another four years of theology programme.

"In fact, I am an anxious person. Through my theology studies and guidance by my instructors, I started to re-examine my background, growth and life. I discovered that there were a lot of room for self-improvement." Sandie said.

During her theology studies, she had placement in Haven of Hope Hospital. Upon graduation, despite vacancies in her own church, she made up her mind to serve as a chaplain in hospital.

"The church is the place where I grew up; yet, there is a feeling deep in my heart that touches me and compels me to continue my ministry in hospital. Besides, working in hospital means having patients as your service targets and I am pleased to offer care and support to them."

Sandie has a very busy schedule at work. She needs to juggle different tasks, including ward visits, case conference with social workers and the medical team, doing visit recordings, home visit, etc. However, the most important part is to enter into patients' inner world to give them care and support.

"My husband is an engineer. Similarly, I am also an engineer, helping people to fix their lives. I spend time to understand the psycho-spiritual needs of patients and heal their souls. I remember I once met a patient with pulmonary disease. He had to get in and out of the hospital frequently. This patient used to complain about life but since he had converted to Christ, he learnt how to face adversity and find a way out." Sandie said.

Having served as a chaplain for ten years, Sandie realizes it is not easy to console patients and lead them walk out of sorrow. However, she wants to be an angel to walk with them, so that they will not feel alone and rely on God. For those without religious belief, she can still bless their lives.

Sandie advised those who want to serve in this ministry to have a caring heart to care for those in need.





靈實恩光學校35周年校慶暨開放日

恩光學校的前身—恩光護幼會成立於1961年，為照顧當時靈實肺病療養院病人的子女而設立。1981年獲教育署全面資助，發展為一所嚴重智障兒童的寄宿學校。1998年正式命名為靈實恩光學校。

踏入35周年校慶，恩光學校將於2017年4月28日(五)上午舉行「35周年感恩崇拜」，並獲得香港特殊學校議會榮譽會長馬時亨教授擔任主禮嘉賓，見證這饒富意義的時刻。此外，4月29日(六)將舉行開放日—「科技在恩光」，透過展示學校科技設備，播放影片及舉辦攤位遊戲等，帶出科技如何在學習及治療上協助有特殊學習需要並多重弱能的學生。

歡迎大家踴躍參與! 如有查詢，請致電2703 1722。

Haven of Hope Sunnyside School 35th Anniversary cum Open Day

The Sunnyside Children's Preventorium, the forerunner of Sunnyside School, was founded in 1961 to take care of the children of the patients of Haven of Hope Tuberculosis Sanatorium at that time. In 1981, it developed as a boarding school for the severely mentally disabled children and was fully subvented by the Education Department. In 1998, it was officially renamed as Haven of Hope Sunnyside School.

To celebrate its 35th Anniversary, Sunnyside School will organize a "35th Anniversary Thanksgiving Worship" on 28 April 2017 (Friday). Professor Frederick Ma, GBS, JP, Honorary President of Hong Kong Special Schools Council is invited as the officiating guest to witness this important moment with us. Besides, an Open Day with the theme "Technology in Sunnyside" will be held on 29 April. It will showcase how technology assists students with special learning needs and multiple disabilities through learning and treatment by showing school I.T. equipment, playing videos and holding booth games.

We welcome your active participation. For enquiry, please contact us at 2703 1722.



2015「用愛擁抱晚晴」慈善音樂會演出情況
Performance of "Embrace the Last Journey with Love" Charity Concert 2015

2017「用愛擁抱晚晴」慈善音樂會

靈實「築動生命全方位關顧計劃」已正式展開，作為計劃其中一個項目，靈實司務道寧養院亦正為擴建計劃作準備。為提供更優質的寧養服務及生命晚期照顧，司務道寧養院需要在未來兩年內籌募3,000萬元，為未來的發展和新大樓的規劃奠定基礎。因此，我們即將舉辦2017「用愛擁抱晚晴慈善音樂會」為靈實司務道寧養院的擴建計劃籌款。

慈善音樂會詳情：

日期： 2017年4月2日(日)
時間： 晚上7:30
地點： 香港大學李兆基會議中心大會堂
演出團體： 香港愛樂團
票價： \$2000/ \$1000/ \$500 / \$200/ \$100
查詢熱線： 2703 3373 (吳小姐) / 2703 3392 (陸小姐)

Embrace the Last Journey with Love Charity Concert 2017

The Haven Project, our ten-year capital development project has kick-started. As part of the Haven Project, Sister Annie Skau Holistic Care Centre is preparing for its extension. In order to provide quality palliative and end-of-life care, we aim to raise HKD 30 million in two years to support the operation, service development and extension of the Centre. The "Embrace the Last Journey with Love" Charity Concert 2017 will be held to raise fund for this purpose.

Details of the Charity Concert:

Date: 2 April 2017 (Sun)
Time: 7:30pm
Venue: Grand Hall, Lee Shau Kee Lecture Centre, The University of Hong Kong
Presenter: The SAR Philharmonic Orchestra
Ticket price: \$2000/ \$1000/ \$500 / \$200/ \$100
Enquiry hotline: 2703 3373 (Ms Ng) / 2703 3392 (Ms Luk)



2016「雛聲頌揚：兒童粵劇折子戲」劇照
Performance snapshot of "Junior Cantonese Opera Charity Performance 2016".

2017兒童慈善粵劇演出

大家還記得去年四月的「雛聲頌揚：兒童粵劇折子戲」中，來自聲輝粵劇推廣協會的一眾小老倌在台上演出的粵劇折子戲嗎？他們的角色都是粵劇前輩楊劍華按著小演員的身型、力量、性格及氣質改編的，在經典談情說愛折子戲中，盡見小演員的純真與活力。

今年，靈實將再度與聲輝粵劇推廣協會合作，在2017年4月2日舉行「2017兒童粵劇慈善演出」，為基督教靈實協會籌款，誠邀您一同見證這群小演員的努力，同時支持靈實發展。請密切留意靈實網站 (www.hohcs.org.hk) 有關演出詳情，如有查詢，歡迎致電2703 3284。

Junior Cantonese Opera Performance 2017

Do you remember the excellent performance of the young performers of Sing Fai Cantonese Opera Promotion Association in "Junior Cantonese Opera Charity Performance 2016"? Their roles were re-designed by Yang Jian-hua, a famous Cantonese Opera teacher, according to the body shape, strength, personality and temperament of the young performers. In such a classic love romance excerpt, we could also see their purity and vitality.

This year, we will collaborate with Sing Fai Cantonese Opera Promotion Association again in the "2017 Junior Cantonese Opera Charity Performance" on 2 April 2017 for fundraising. You are cordially invited to witness the improvement of these young talents and support HOHCS. For further information, please visit www.hohcs.org.hk. For inquiries, please call 2703 3284.

農曆新年健康飲食小貼士

一. 團年飯

傳統的團年飯一般多肉少菜，而且味道較濃，容易攝取過量動物脂肪和鈉質，過胖及長期病患者若進食過量可能影響病情，以下是較健康的餸菜選擇：

高脂高鈉之選	較健康之選
炸釀鯪魚	鯪魚肉釀豆腐或薑蔥蒸海斑
咕嚕蝦球/黃金蝦白	灼蝦或茄汁燴大蝦
冬菇炆鵝掌	冬菇炆海參、花膠
髮菜蠔豉	髮菜冬菇炆排骨(去肥)
鹵水豬脷	鹵水牛腱
南乳豬手、生炒排骨	西蘭花帶子/瑤柱節瓜甫
炸子雞、香檸雞塊	白切雞或貴妃雞
金華火腿魚翅羹	竹笙瑤柱雞絲豆腐羹
梅菜扣肉	蜜桃洋蔥豬扒或三色椒炒豬柳

二. 賀年全盒小食

傳統的全盒食物大部份都是高糖、高鈉、高脂肪及高熱量的食物。以下是較健康的小食：

應盡量少吃	較健康之選
加鹽籽仁類如黑瓜籽、開心果等	原味籽仁類如紅/白/摩登瓜籽、花生、合桃等
糖果、朱古力	代糖糖果
糖蓮子/蓮藕/冬瓜/椰絲	無加糖乾果如杏甫乾、無花果乾
曲奇餅	米餅、高纖低脂餅

三. 賀年糕點

- 年糕、椰汁糕和馬蹄糕等含大量糖份，煎堆、炸油角、笑口棗等則含大量脂肪，而蘿蔔糕和芋頭糕等，除了本身含豐富碳水化合物外，亦常採用較高脂的材料，例如臘腸、臘肉等，令賀年糕點的熱量大增。建議只淺嚐或採用健康材料自製賀年糕點，如鯪魚肉、蝦米和冬菇等來取代肥肉和臘肉。
- 盡量以蒸或焗等方法來把糕點煮熟或翻熱。
- 進食時避免拌以過量醬料及調味料，如辣椒油、辣椒醬等。

靈實白普理寶林社區健康發展中心
註冊營養師
張佩斯

Tips of Healthy Eating During the Chinese New Year

1. Chinese New Year Reunion Meal

Traditionally, the majority of Chinese New Year festive reunion meals are characterized by abundant meaty dishes and few veggie dishes. Also the dishes are of strong flavour. It is easy for people to intake excessive animal fat and sodium. As a matter of fact, they are harmful to people especially those who are obese and/or chronically ill. Here comes some healthier choices:

Fatty and sodium-high choices	More healthy choices
Fried stuffed mud carp	Stuffed bean curd with minced carp or Chinese steamed fish with ginger and spring onions
Sweet & sour prawn/ Fried shrimps with salted egg yolk	Scalded shrimps/prawns with marinara sauce
Braised goose feet with black mushrooms	Braised sea cucumber and fish maw with black mushroom
Braised dried oysters with seaweed	Braised ribs (fats removed) with black moss and mushroom
Marinated pig tongue	Marinated beef shank
Braised pig's trotters with fermented red bean curd/Fried pork ribs	Fried scallops with broccoli/stuffed hairy gourd with dried scallops
Deep fried chicken, fried chicken with lemon sauce	Cantonese poached chicken with ginger scallion oil/Royal chicken
Braised shark's fin in Jinhua ham soup	Shredded chicken with bamboo piths and dried scallop
Pork with preserved vegetables	Pork chop with peach and onion/fried pork with tricolor peppers

2. Chinese New Year Candy Box and Snacks

Traditional Chinese New Year candy boxes are packed with snacks which are high in sugar, sodium, fat and calorie. Here comes some healthy food as substitutes:

Avoid eating	More healthy choice
Salted nuts and kernels e.g. black melon seeds, pistachio etc.	Natural nuts and kernels e.g. red melon seeds/pumpkin seeds/sunflower seeds, peanuts, walnuts etc.
Sweets, chocolate	Substituted sugar candy
Sweetened lotus seeds/lotus roots/winter melons/coconut slices	Sugar-less dried fruit e.g. dried apricots, dried figs
Cookies	Rice cake, biscuits of high-fibre and low-fat

3. Chinese New Year Festive Puddings

- Coconut cake and water chestnut cake often contain lots of sugar while the fried dumplings, deep-fat-fried semi-fermented dough shapes and sesame balls are extremely oily. Even though carrot cakes and taro cakes are high in carbohydrates, they contain lots of Chinese marinated sausages, marinated meat and others. It is advised to eat less or use some other healthy ingredients such as minced scarp meat, dried shrimps and mushrooms instead of fatty preserved meat.
- Use steaming or baking as cooking/re-heating methods.
- Avoid using too much sauce such as chili oil or chili sauce when enjoying these festive cakes.

Beatrice Cheung
Dietitian
Haven of Hope Bradbury Po Lam Community Health Development Centre

MESSAGE TO DONOR 給捐贈者的話



農曆新年又到了，相信大家必定忙於準備過年用品、逛花市、購買賀年食品。中國人都著重過農曆新年，與親友聚首一堂，互相問安，更會向小孩派發利是，寓意把福氣送上，彼此祝福。然而，社區上有很多長者、嚴重智障人士、晚期病人等有需要的人，在這喜氣洋洋的農曆新年仍在苦等迫切所需的服務。基督教靈實協會已開展「築動生命全方位關顧計劃」，透過基建發展，擴建醫院及院舍，並增建服務大樓，幫助燃點他們對生命的盼望。你是否願意在這佳節與他們分享福氣？今期靈感，我們特別預備了一些利是封，大家可以利用其中一個作捐獻，支持「築動生命全方位關顧計劃」，祝福生命，分享愛。

Chinese New Year is approaching, everyone must be busy preparing for Chinese New Year supplies, roaming at Lunar New Year Fair and buying festive foods. Lunar New Year is very important to Chinese; they will take this opportunity to have all relatives gather around and exchange greetings with one another. Besides, they will give red packets to the kids which implies a gift of luck and a kind of mutual blessing. However, there are lots of elders, severely mentally disabled people, terminally ill patients and other needy persons who are still desperately waiting for services to attend to their urgent needs. HOHCS has already kicked off "The Haven Project", through such capital development to expand our hospital and other service units; to construct new service buildings to help the needy and ignite their hopes. Are you willing to share your blessings with the needy during the festive season? In this issue, we have specially prepared some red packets and you can use one of them for donation. Please support "The Haven Project", to bless lives and share love.



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.

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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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