

積極走到前線
並肩跨越疫境
Together we
combat Covid 19.
Stay Positive



老友記：
人老心不老，最緊要好玩

Old Friends: Important to
Stay Young at Heart & Have Fun!

病患中遇見神
在啟德暫託中心歷生命改變
Finding God Through Illness.
Life Changing Experience at the
Kai Tak Holding Centre



基督教
靈實
協會

HAVEN
OF HOPE
CHRISTIAN SERVICE

尊重生命 • 改變生命

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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
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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《靈感》電子版

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香港公益金
THE COMMUNITY CHEST
會員機構 MEMBER

WORDS FROM CEO | 行政總裁的話

親愛的靈感讀者：

在過去數個月，新冠病毒第五波疫情爆發，高峰期每日有數以萬計的市民確診，影響的範圍和層面比以往任何一次都要大，社會普遍出現不安和焦慮。基督教靈實協會（下稱靈實）貫徹關懷、專業和進取的態度，迅速回應社會需要，推出多項創新的抗疫工作，而各部門的同仁也敢於承擔，走到最前線，為患者或有需要的長者提供適切的服務與關懷。

在今次疫情高峰時，全港大部分安老院舍出現確診個案，原址檢疫或隔離變得不可能，加上醫院也有人滿之患，政府因此設立了多間暫託中心，接收輕症或正在康復的長者。靈實負責營運啟德暫託中心內共393張病床，參與的醫生、護士、社工及照顧員組成的跨專業團隊，以靈實創辦人司務道教士作為榜樣，照料入住長者的身體健康，同時也致力與他們分享福音。感謝神的帶領，在短短一個多月的時間內，已有8名入住長者決志信主，他們除可從疾病中康復外，也在心靈上獲得療癒。

靈實也派中醫團隊到社區治療設施，治療有長期病患、記性較差的新冠病毒患者。在診治過程中，團隊照料患者身、心、社、靈上的需要，體現「尊重生命・改變生命」的精神。另外，靈實是在調景嶺的荒原上創立，多年來一直都沒有忘記鄉郊地區，今年4月利用在社區扎根近70年所建立的網絡，派出外展隊上山下海到西貢的偏遠地區，為行動不便的長者提供接種新冠疫苗的服務，使他們安心和獲得保障。

今次疫情帶給我們許多寶貴的經驗和反思的機會，使我們更好地裝備自己，積極地迎接未來的新挑戰。疫情近日開始緩和，讓我們一起禱告，願主帶領我們並肩跨越疫境，回復正常的生活。

行政總裁

林正財醫生

Dear Haven of Hope Supporters,

The fifth wave of the COVID-19 pandemic has been raging Hong Kong over the past few months, with daily records of tens of thousands of people being infected at the peak. The impact of which, in terms of areas and scope, was increasingly noticeable like never before. Uneasiness and anxiety prevailed across the society. Upholding the attitudes of caring, professionalism and proactiveness, the Haven of Hope Christian Service (HOHCS) reacted swiftly to the social needs and put in place various innovative anti-epidemic efforts. Our staff in different departments were also willing to undertake challenges, staying at the forefront to provide optimal services and caring for the patients and elderlies in need.

Amid the pandemic spike as most of the residential care homes for the elderly in Hong Kong reported diagnosed cases, on-site quarantine or isolation seemed to be infeasible. In addition, hospitals are overcrowded. Hence, the government set up holding centres to receive elderly patients with mild illness or in the progress of recovery. HOHCS is responsible for operating 393 beds in Kai Tak Holding Centre. It is run by a cross-disciplinary team comprising physicians, nurses, social workers and caregivers. The participating professionals look up to Sister Annie Skau, the founder of HOHCS, as a role model. Not only do they take care the health and well-being of the elderlies, but also make great efforts in sharing gospels with them. Thank God for the blessings that in just over a month, there were eight residing elders who have determined to believe in God. Their illness was cured and recovered, and so as their soul.

Of note, HOHCS also dispatched Traditional Chinese Medicine team to the community treatment facilities to provide treatment for those COVID-19 patients with chronic diseases or relatively poor memory. During the course of treatment, the team took great care of the patients' needs from physical, mental, social to spiritual caring, giving into full play the spirit of "Respecting Life • Impacting Life". Founded on the barren upland in Tiu Keng Leng, HOHCS has never forgotten the needs of those in the rural areas. Leveraging on the well-established community network that has been deep-rooted over the past 70 years, HOHCS' outreaching teams were sent to reach every corner of the remote areas in Sai Kung in April this year, providing vaccination services to the mobility impaired elders so that they can feel at ease and gain protection.

This time, the pandemic has brought us with ample of invaluable experiences, along with the opportunity for reflection, which enable us to better equip ourselves to proactively meet new challenges in the future. With the pandemic showing signs of easing, let us pray together. May our Lord lead us to navigate the pandemic side by side and resume a normal life.

Dr. Lam Ching-choi
Chief Executive Officer



積極走到前線 並肩跨越疫境

Together we combat Covid 19. Stay Positive

百年一遇的新冠肺炎疫情，不僅將人與人之間的社交距離拉遠，也令社會陷入不安和焦慮的氣氛，尤其本港今年初爆發了嚴峻的第五波疫情，面對着確診和死亡數字攀升，無不令人哀傷。看到社會對醫療服務、隔離設施、防禦物資的需求急增，靈實果斷應變，分配人手參與各項抗疫工作，實踐積極進取和愛心關懷的服務精神，回應社會需要。我們的同工主動走到抗疫最前線，在其專業發揮所長，與大眾並肩跨越疫情困境。

參與啟德暫託中心營運 關顧長者身心靈

在今年初，正當市民熱切關注防疫措施何時可以放寬、香港何時可以恢復與其他國家和內地往來，卻沒料到變種病毒突然來襲，將疫情再度推向高峰。在2、3月期間，每日有萬計市民染疫，如何將病人分流和隔離，尤其是安老院內的確診長者，是政府和醫院須面對的一大難題。為了紓緩院舍壓力和保障長者健康，政府陸續設立供症狀輕微的長者使用的隔離及暫託設施，包括位於啟德郵輪碼頭的啟德暫託中心。

由社會福利署管理的啟德暫託中心自3月下旬起分階段投入服務，負責接收經醫院管理局評估後確認為正在康復並適合入住的長者，以及安老院內有需要入住的長者。靈實為其中一間營運機構，自3月31日起投入服務，負責為啟德暫託中心內393張病床提供照顧服務。

翁麗表示，除了治病外，心靈關顧工作也十分重要。Yung Lai expressed that besides treating the virus, spiritual care work was also very crucial.

參與啟德暫託中心服務的同工，是來自靈實專業進修學院及多個服務單位的跨專業團隊，包括醫生、註冊護士、註冊社工及照顧員。靈實專業進修學院校長翁麗表示，正式投入服務前，特別安排了專業培訓，除了提升支援人員對感染控制的處理技巧和注意事項外，亦注重長者照顧的基礎訓練，例如餵食方法及扶抱姿勢等。

翁校長續指，當長者發現染疫後，他們由院舍送到醫院，經轉介後再被送到暫託中心，過程幾經波折，當中的折騰也令長者身心俱疲，來到陌生地方更覺憂心；因此，除了

醫治病人自身病患外，心靈關顧工作也十分重要。她說，為紓緩長者入住暫託中心的不安和焦慮感，團隊特別訓練關懷工作員及專業社工，以提升他們與長者的溝通技巧，關顧長者在情緒及靈性上需要，務求讓長者於治病期間，內心更為踏實和平安。

本身為靈實司務道寧養院護士長的陳佩清，在啟德暫託中心擔任護理總監。她說，長者入住陌生環境難免緊張，所以希望盡量令他們感到安心，例如安排社工與長者傾談，安排心靈服務組開導，照顧員扶長者到附近行走、舒展筋骨等，都有助加快康復。另外，同工又會適時安排長者與家人視像通話，開收音機播放電台節目，好讓他們不會覺得與外界隔絕，增添親切感。

在長者入住暫託中心的短暫日子裏，同工除了悉心照顧長者外，亦把握傳福音的機會。如果長者不抗拒，同工會與他們分享信仰、唱聖詩、說聖經故事等。除每天播放詩歌外，每逢星期一至五的下午，同工都會播放聖經故事及邀請參加者分享感受。可喜的是，截至5月初已有8名長者決志信主，這是超乎同工所料，也見證到神不但醫治傷患，也拯救靈魂。



靈實同工走到抗疫最前線，到啟德暫託中心照顧新冠病毒患者。
On the frontline fighting the pandemic, HOHCS' staff took care of COVID-19 patients at Kai Tak Holding Centre.

Principal Yung continued to point out that an elder would be taken from the nursing home to hospital when he was infected, and then transferred to a holding centre after referral. This process went through many twists and turns, making the patients physically and mentally exhausted, feeling even more worried when they arrive in an unfamiliar place. Therefore, in addition to

treating diseases, spiritual care work is also very important. She said that to help relieve their anxiety and worry, special training was provided to caregivers and registered social workers to improve their communication skills so that they can better care for their emotional and spiritual needs, make the patients feel more at ease and at peace while getting treatment.

Alice Chan, Chief Nursing Officer of Haven of Hope Sister Annie Skau Holistic Care Centre (SASHCC), worked as the Director of Nursing at Kai Tak Holding Centre. She said that it was inevitable that the elderlies would feel nervous when they moved into an unfamiliar environment so she hoped to make them feel at ease. Arranging social workers to talk to them, providing spiritual counselling services, accompanying them for a walk, helping them stretch their muscles and body, etc. all of which will help speed up recovery process. On top of that, our staff also arranged video calls between the elderlies and their families in a timely manner, turned on the radio to broadcast some popular radio programmes so that they will not feel isolated from the outside world.

During the elderlies' short stay in the holding centre, our staff not only took good care of them but also seized the opportunity to share gospel. If they have no objections, our staff will share their faith, sing hymns and tell bible stories, etc. Besides daily hymns, every afternoon, Mondays to Fridays, our staff broadcasted bible stories and invited participants to share their feelings. The good news is that as of early May, 8 elders have made up their minds to believe in the Lord. This is beyond our staff's expectations and it is testimony that God not only heals the wounded, but also saves the soul.

Operating Kai Tak Holding Centre. Caring for the Body and Soul of the Elderly

At the beginning of the year, when the public was eagerly waiting for epidemic prevention measures to be relaxed and Hong Kong resuming exchanges with other countries and the mainland, the country was unexpectedly hit by the Omicron variant, pushing the pandemic to its peak once more. Through February and March, thousands of citizens were infected with the virus. Isolating and quarantining patients, especially infected elderlies in nursing homes became a major challenge for the government and local hospitals. To alleviate the pressure on elderly residential care homes and safeguard their health, the Government successively set up isolation and holding facilities for elderlies with mild symptoms, including the Kai Tak Holding Centre at the Kai Tak Cruise Terminal.

Managed by the Social Welfare Department, the Kai Tak Holding Centre was put into service in phases since late March. It admitted elderly people who were assessed by the Hospital Authority and confirmed to be recovering from COVID and fit for admission, as well as elderlies from the nursing homes who needed to be admitted. HOHCS was one of the operating agencies, and provided care services for 393 beds at the Kai Tak Holding Centre since March 31.

The staff involved in the services of Kai Tak Holding Centre was made up of a multi-disciplinary team from Haven of Hope Professional Training Institute (PTI) and various service units, including doctors, registered nurses, registered social workers and caregivers. Yung Lai, Principal of PTI, said that prior to servicing patients, professional training was specially arranged. Besides enhancing skills and techniques in infection control and prevention, it also focused on basic elderly care training, such as feeding methods and support postures, etc.



陳佩清希望盡量使啟德暫託中心的長者安心。Alice Chan hoped to reassure the elderly seeking treatment at Kai Tak Holding Centre as much as possible.

中醫團隊進駐社區治療設施

除了有同工參與營運啟德暫託中心外，靈實的中醫團隊亦有到亞洲國際博覽館社區治療設施（下稱亞博）支援，為病人提供適切治療。靈實有中醫師早於去年1月已被調至亞博，以視像方式替病人診療。當時的病人以症狀輕微為主，而且較年輕，有自理能力。

直至今年，本港遇到第五波疫情，大批長者不幸染疫，不少人被送到亞博接受治療。這些長者大多數本身有長期病患，記性較差，無法清晰表達病況，視像診療近乎不可能。因此，中醫團隊於今年4月底被安排到「紅區」（俗稱 Dirty Zone），到確診者病格替他們診療，而這次經驗屬難能可貴。

上山下海 赴鄉郊為長者接種疫苗

不少居家安老的長者明白接種疫苗可減低染疫後患重症或死亡的風險，但礙於行動不便及擔心在社區感染，而未到疫苗接種中心或診所打針。有見及此，靈實今年起安排外展服務團隊到長者的居所，提供上門打針服務。事實上，靈實已有數十年在鄉郊照顧長者的經驗，醫護團隊和義工不怕攀山涉水，走入鄉村，願服事每一位有需要的長者。

今年4月，外展服務團隊曾遠赴井欄樹、白沙灣、大網仔舊村、鯉魚門村、布袋澳村等地。為了令外展接種疫苗過程順利，團隊需事先派司機到現場視察，及預先規劃行程及聯絡長者。一旦於出車前得悉長者不適，便要即時變陣更改路線。當抵達目的地後，更是考驗體能的時刻，團隊要拉轎、抬起手提雪櫃上石梯、行斜路，既要面對日曬雨淋之餘，也要事先噴蚊怕水防蚊咬。

進入長者寓所後，醫護與後勤同工便要分工合作，除要了解長者病歷、打針紀錄外，亦要在網絡訊息微弱的郊區連接網絡，即場印製針卡證明書予長者。其後，關懷大使負責看顧長者，留意其身體狀況。整個過程需要群策群力，各司其職，絕非易事，但能為居於偏遠地區或行動不便的長者上門打針，守護長者健康，這項服務絕對值得。靈實將繼續善用在將軍澳扎根近70年建立的社區網絡，主動接觸在社區內生活的行動不便及獨居長者，關顧他們的身心健康狀況，使更多弱勢長者受惠。

同工為行動不便長者
接種新冠疫苗。
Staff vaccinating
an elderly with
mobility problems.



Traditional Chinese Medicine Team stationed at Community Treatment Facility

Apart from participating in the operation of the Kai Tak Holding Centre, HOHCS' Traditional Chinese Medicine (TCM) team also provided support at AsiaWorld-Expo Community Treatment Facility (AsiaWorld-Expo), providing patients with appropriate treatment. As early as January last year, HOHCS' TCM practitioners were transferred to AsiaWorld-Expo to diagnose and treat patients by video. The patients at that time mainly have mild symptoms, were younger and able to take care of themselves.

However, when Hong Kong was hit by the fifth wave of the pandemic, a large number of elderly people was unfortunately infected, and many were sent to AsiaWorld-Expo for treatment. Most of the elderlies have pre-existing long-term illnesses, with poor memory and inability to clearly express their conditions, it was impossible for video diagnosis and treatment. Therefore, at the end of April this year, TCM team was assigned to the "red zone" (commonly known as the Dirty Zone) to diagnose and treat these patients. The experience is invaluable.

Climbing Hills and Crossing Seas. Vaccinating Elderlies in Remote Areas

Many elderlies living at home understood that vaccination can reduce the risk of severe illness or death. However, due to mobility limitations or fear of getting infected, they did not go to vaccination centre or clinic for vaccinations. In view of this, HOHCS arranged for community outreach service teams to provide home vaccination services to these elderlies since this year. In fact, HOHCS already had decades of experiences in caring for the elderlies in remote areas. Our medical teams and volunteers are not afraid to climb hills and cross seas to serve any elderly living in the countryside.

In April this year, our community outreach service teams had travelled to Tseng Lan Shue, Pak Sha Wan, Tai Mong Tsai Tsuen, Lei Yue Mun Village, Po Toi O Village, etc. To ensure smooth vaccination process, the outreach teams would plan in advance by sending the driver to inspect the locations and contacting the elderly. If an elderly was unwell on the day of the vaccination, plans changed accordingly. When the team arrived at the location, it would be a test of their physical fitness as they had to lift and carry a portable refrigerator, walked up steep slopes and climbed staircases. In addition to facing sun or rain, they must also protect themselves from mosquitos.

Upon entering the residence of an elderly, medical staff and logistics staff had to co-operate and divide their work. In addition to understanding the elderly's medical and injection records, the team also needed to figure out how to connect to the internet so that they could print out the vaccination certificate for the elderly on the spot. After that, care ambassadors would be responsible for the elderly and paid attention to his/her physical condition after the injection. This whole process required teamwork and each performing their own duties. It was not an easy task but providing vaccination to the elderlies in remote areas or elderlies with mobility problems to protect their health is a very worthy service.

Having established a good community network in Tseung Kwan O over the last 70 years, HOHCS will continue to actively serve and reach out to the elderlies living alone or with disabilities, taking care of their physical and spiritual health so that more disadvantaged seniors in our community can benefit from our services.

外展隊攀山涉水，走入偏遠鄉郊，為長者打針。
The outreach team going the extra mile and venturing into remote countryside to vaccinate the elderlies.



老友記： 人老心不老， 最緊要好玩



「聲聲相識星期二」DJ：Benny、Linda、兆忠與聲輝小演員。
“Tuesdays with Echoes” DJs — Benny, Linda and Shiu Chung
with young actors from Sing Fai.



小演員認真排練。
The young actors
rehearsed seriously.

Old Friends: Important to Stay Young at Heart & Have Fun!

你對長者中心的印象，就只有看報紙、捉象棋、毛巾操又或手工班？有否想過，老友記有機會化身DJ打碟，由搜集資料至自編自演音樂節目，獻給長者中心的聽眾，過程中各人盡展所長，發揮小宇宙，過著不一樣的人生下半場？

一反傳統 策劃作主

「大家好，歡迎收聽『聲聲相識星期二』！」豪邁風趣的Benny與斯文內斂的兆忠，因鍾情音樂結緣，在社工游說下參加DJ訓練班。兆忠笑咪咪表示：「無論過長者都可以做DJ，仲好『高級』搵商台DJ訓練我地！」憶述「開台」前二人均表示戰戰兢兢。Benny笑言：「初時唔識點做，諗到首歌，都要上網搵資料做介紹，但我手機又唔夠數據，搞到頭都暈！」

傳統的長者中心活動模式，均由職員策劃及執行，長者一貫被動地參與。隨著新一代「三高（學歷高、能力高、標準高）」人士退休，他們對長者中心活動有更高的要求，而自發組織活動可滿足及回應他們的需要，所以靈實長者地區服務決定一反傳統，在長者電台節目初期提供協助，當DJ熟習運作後，就放手讓他們自行完成任務，令他們更投入地發揮所長。

初試啼聲 樂在其中

一年半間，由開台四大台柱增至十一人，由第一集錄到第卅六集，過程中充滿挑戰，眾人在經驗點滴積累下，由緊張失眠變得樂在其中。疫情期間，DJ們只能在家選歌、錄音，再交片段予中心做剪輯，後期加入的Linda笑言：「我要靜靜在房中錄音，要關窗關門，又不能開風扇冷氣，真係熱到出煙！」兆忠續指：「面對四面牆，又會有回音。」Benny聽罷即獻出獨門秘方：「我會對著棉被錄音，就如吸音棉的原理，消除雜音及回音！」在座兩位如當頭棒喝，大讚其心思細密。

DJ們會定期開會為每集節目擬定主題，並選取有共鳴的歌曲作分享。過往曾以勵志、樂隊、民歌等為題，但偏偏未曾選擇長者鍾愛的粵曲。三位DJ決定搞搞新意思，邀請將於6月為靈實非政府資助長者服務獻唱籌款的聲輝粵劇推廣協會的小演員作節目訪問嘉賓。

喜遇小演員 粵曲初體驗

面對五位只有四至六歲的小演員，老友記們曾擔心場面難以控制。不料，五位將「踏台板」的嘉賓竟毫不怯場，更七嘴八舌地分享經驗，「做花旦上頭飾前要貼片子，對眼又要貼膠紙，成條眉戚起，合唔埋對眼呀！」「戲服同頭飾好靚，不過好重，戴完頭都暈！」聽到有趣分享，三位老友記猶如小記者般不斷追問。

靈實長者地區服務高級活動統籌主任梁琪瑜坦言：「老友記們動靜皆宜，只要活動有新鮮感及趣味性，他們就算從未接觸，亦會有興趣嘗試。部分老友記或會擔心能力不足，甚或怕會拖垮事情，所以中心會按喜好、能力，設計及調教活動內容，讓長者們能『樂在其中』。我們相信，新玩意並非年青人的專利，只要適當的配合，長者們仍能『人老心不老』，經歷及享受人生新一頁。」

「你們為甚麼6月要表演呢？」Linda考考小演員。有人搶答：「因為（導師）話我唱得好！」有人即補充：「因為幫靈實的長者服務籌款呀！」兆忠追問：「練咁耐，不辛苦嗎？」小演員回應：「因為做得好，就會更多人想睇，賣多啲飛，就籌更多錢！」對於是次粵曲初體驗，老友記們大讚好玩，更期待欣賞小演員的演出。



聲輝與靈實合作多年，藉兒童粵劇表演為靈實籌款。
Sing Fai had collaborated with Haven of Hope for many years, raising funds through children's Cantonese opera.

Was your impression of an elderly centre a place where one read newspaper, played chess, took part in towel exercise or handicraft classes? Have you ever thought that some senior citizens would get the opportunity to become a radio DJ, collected information, composed and performed musical programmes for listeners at the elderly centre? And through this process, made the best of their abilities, maximised their potential and lived a different second half of life?

Progressive Way of Planning

“Hello everyone, welcome to “Tuesdays with Echoes!” The funny and extroverted Benny and the gentle and intellectual Shiu Chung became acquainted through their love of music. Under the persuasion of social workers, they participated in a DJ training course. Shiu Chung said laughingly “Never thought a senior citizen can become a DJ and it was very “High Class”, as we were trained by a Commercial Radio DJ!”. He also recalled that both of them were very nervous before “Opening the show”. Benny said with a smile, “I didn’t know how to do it at first. Before I introduce a song, I have to go to the internet to research for information but my mobile phone didn’t have enough data, so it was making me dizzy!”

Traditionally, any mode of activities in an elderly centre was planned and executed by the staff, so senior citizens take part passively. As a new generation of “Three Highs” (high academic qualifications, high abilities, high standards) retires, they have higher expectations, so self-organised activities can better meet and respond to their needs. Therefore, Haven of Hope District Elderly Community Service decided to go against tradition by providing assistance only at the early

stages of the senior citizen radio programme. Once the DJs were familiar with the operation, they were left on their own to complete the task.

Making the Debut; Enjoying the Process

In one and a half years, from the launch of the radio programme with four anchors to eleven people, from the first episode to the thirty-sixth episode, the process was full of challenges. With the accumulation of experiences, everyone changed from feeling nervous and having sleepless nights to enjoying it. During the pandemic, DJs can only choose songs at home, record them, and then submit clips to the centre for editing.

Linda, who joined later, said with a smile: “I want to record quietly in the room, so I need to close the window and door, and I can’t turn on the fan or air-conditioner so my room became really smoking hot!” Shiu Chung continued, “And when you face the four walls, there will be echo.”. After hearing it, Benny offered his unique secret method: “I will record in front of a quilt, just like the principle of cotton absorbing sound, eliminating noise and echo!”. The two present were so impressed and praised him for the wonderful idea.

The DJs would meet regularly to formulate themes for each episode and share songs that connect audiences. In the past, topics about inspirations, bands, folk songs, etc. were selected but Cantonese Opera, which was a favorite of the seniors were never selected. Thus, the three DJs decided to come up with something new and invited some young actors from Sing Fai Cantonese Opera Promotion Association Limited as special guests. These talented young actors would perform and raise money for Haven of Hope Christian Service (HOHCS)’s non-subservent elderly services in June.

Happy Encounter with Young Actors; First Cantonese Opera Experience

Faced with five young actors who were only four to six years old, our old friends were worried that the scene would be uncontrollable. To one’s surprise, the five young guests who would soon be “stepping onto the platform” did not have any stage fright and were eagerly sharing their experiences – “Before putting on the Young Female’s headgear, you need to put on hair patches, you also need to put tape on the eyes to raise your eyebrow so you can hardly close your eyes!” “The costume and headgear are beautiful, but they are so heavy that I feel dizzy after wearing them!” Upon hearing their interesting stories, our three old friends kept asking questions like young reporters.

Mr. Steve Leung, Haven of Hope District Elderly Community Service Senior Programme Officer, said candidly, “Senior citizens can do whatever they want. As long as the activity is fresh and interesting, they will give it a try even if they have never been exposed to it. Some elders may worry about the lack of ability, or even afraid of dragging things down, so the centre will design and adjust the content of the activities according to their preferences and abilities so that the elderly can “Have Fun and Enjoy”. We believed that new gadgets are not reserved for young people. With proper coordination, all elderlies can feel “Young at Heart” and enjoy a new phase in their lives.”

“Why are you performing in June?” Linda quizzed the young actors. Someone quickly replied, “Because our teacher said I can sing well!” Someone added “Because we need to help raise money for HOHCS’ elderly services!”. Shiu Chung follow-up asking “Isn’t it hard to stand the long time training?” The young actor responded, “Because if you do it well, more people will want to watch it, and if you sell more tickets, you will raise more money!”. Our old friends had so much fun at their first Cantonese Opera experience and looked forward to enjoying the performance of the young actors.



掃描收聽
聲聲相識星期二（2022年5月）
SCAN & LISTEN
Tuesdays with Echoes (May 2022)

靈書創毅中心

Haven of Hope Integrated Vocational Rehabilitation Services Centre

學員在導師陪同下出席了5月7至9日在荃灣南豐紗廠舉行的市集展銷會，展出由學員親手製作的「0_10手作」系列產品，包括環保袋、手工皂、驅蚊磚等，反應相當熱烈，請大家繼續支持心智障礙人士的手作產品。

Accompanied by instructors, students attended the bazaar and trade fair held in The Mills in Tsuen Wan from 7 to 9 May, where the "0_10handmade" series crafted by the service users were exhibited. Products such as environmentally friendly bags, handmade soap, mosquito repellent brick, etc., were well-received. Please continue to render support to the handmade pieces produced by the persons with disabilities.



網上商店 Online shop
www.0-10hk.com



Instagram
o_10handmade



靈書義務工作發展部

Haven of Hope Volunteer Development Department

在疫情期間，派發抗疫福袋給將軍澳區內80位獨居長者。福袋包含日用品、糧食及快速檢測包，希望能帶給老友記小小心意。期望疫情改善後可再安排探訪老友記，也感謝太平山扶輪社聯同明愛專上學院扶青社捐出和購買福袋。

During the COVID-19, anti-epidemic gift packs were delivered to 80 singleton elders living in Tseung Kwan O. The gift packs contained daily necessities, food and rapid test kits, which served as our good will toward our old friends. Hopefully, visits to our old friends can be re-arranged once the epidemic situation improves. We would like to hereby thank the Rotary Club of The Peak and the Rotaract Club of Caritas Institute of Higher Education for donating and purchasing the gift packs.



靈書傳訊及籌募部

Haven of Hope Communications and Resource Development Department

2020/2021靈書年報奪得由國際獨立評審機構MerComm, Inc.頒發的Astrid Award 2022年銀獎，是靈書連續第五年贏得Astrid Award。以「Let's Colour Our World」作為主題，這份年報喻意靈書按照「尊重生命・改變生命」的宗旨展開十年發展計劃——「異象二零三零」。通過創新的服務，靈書為生命加添色彩，並觸動生命。透過把正能量和色彩注入服務使用者的生命和世界，靈書以愛心和關懷為社區帶來正面影響。讓大家一起用正能量和希望為我們的世界添加色彩。

The 2020/2021 Annual Report of Haven of Hope Christian Service (HOHCS) scooped the Silver award of the Astrid Award 2022 granted by the MerComm, Inc., an international independent awards organisation. This is the fifth consecutive years that HOHCS has won the Astrid Award. Themed "Let's Colour Our World", the annual report emblems the launch of HOHCS' 10-year development plan — "Vision 2030" under our motto of "Respecting Life • Impacting Life". The patches of bright colour symbolises HOHCS' spirit and values through the delivery of revolutionary and innovative services that touches lives. By injecting energy and colour to our users' lives and the world, HOHCS is making positive impact to the community with love and care. Let's colour our world with positive energy and hopes.



靈書將軍澳及西貢地區支援中心

Haven of Hope Tseung Kwan O and Sai Kung District Support Centre

將軍澳及西貢地區支援中心的臨床心理學家梁偉洵，對照顧智障子女的母親進行問卷調查，並寫成研究論文《父親的支援對婚姻滿意度和照顧壓力的影響：香港智力障礙人士母親的看法》。論文在國際學術季刊《智力障礙政策與實踐期刊》發表後，成為2020/2021年度在該期刊其中一篇被引用次數最多的論文，出版公司Wiley最近頒發證書肯定他的學術貢獻。



Phil Leung, clinical psychologist of the Tseung Kwan O and Sai Kung District Support Centre, conducted questionnaires with mothers who take care of their intellectual disabled children, and compiled a research thesis entitled "Impact of Fathers' Support on Marital Satisfaction and Caregiving Strain: Viewpoints of Mothers of Persons With Intellectual Disability in Hong Kong". The thesis has been published in the Journal of Policy and Practice in Intellectual Disabilities, and soon becomes one of the most cited essays of the journal in 2020/2021. A certificate has been conferred to Phil by the publication company, Wiley, as an acknowledgement of his academic contribution.

靈書資訊科技部

Haven of Hope Information Technology Department

資訊科技部團隊在今年2月獲得了ISO27001認證。這認證是由國際標準化組織簽發，認同團隊在架構、實施、維護以及持續改善資訊安全管理系統的工作符合國際標準要求。團隊會繼續努力保障靈書的資訊安全，為各同工和服務使用者提供安全及簡便易用的資訊系統。

The Information Technology Department obtained the ISO27001 certificate in February this year, which was issued by the International Organization for Standardization. The certificate accredits the department's work of fulfilling requirements of the international standards, in terms of organisation structures, implementation, maintenance and consistent improvement of the information security management system. The department will continue to safeguard HOHCS' information security, striving to provide a safe and user-friendly information system for staff and service users.



病患中遇見神 在啟德暫託中心歷生命改變

在靈實這個家，同工們一直將「尊重生命・改變生命」的精神銘記在心，並努力在服務崗位中實踐。我們希望以愛觸動生命，讓大眾得到所需服務時，也能看到神的慈愛。神的安排超乎人的智慧，誰又曾想像過，在啟德暫託中心治病的長者，當中有8人受感動決志信主。參與啟德暫託中心工作的同工均喜出望外，非常感恩，說這全是天父的預備。病人在暫託中心的短短日子裡，除了從新冠病毒中康復過來，心靈也得醫治，領受救恩，成為新造的人。

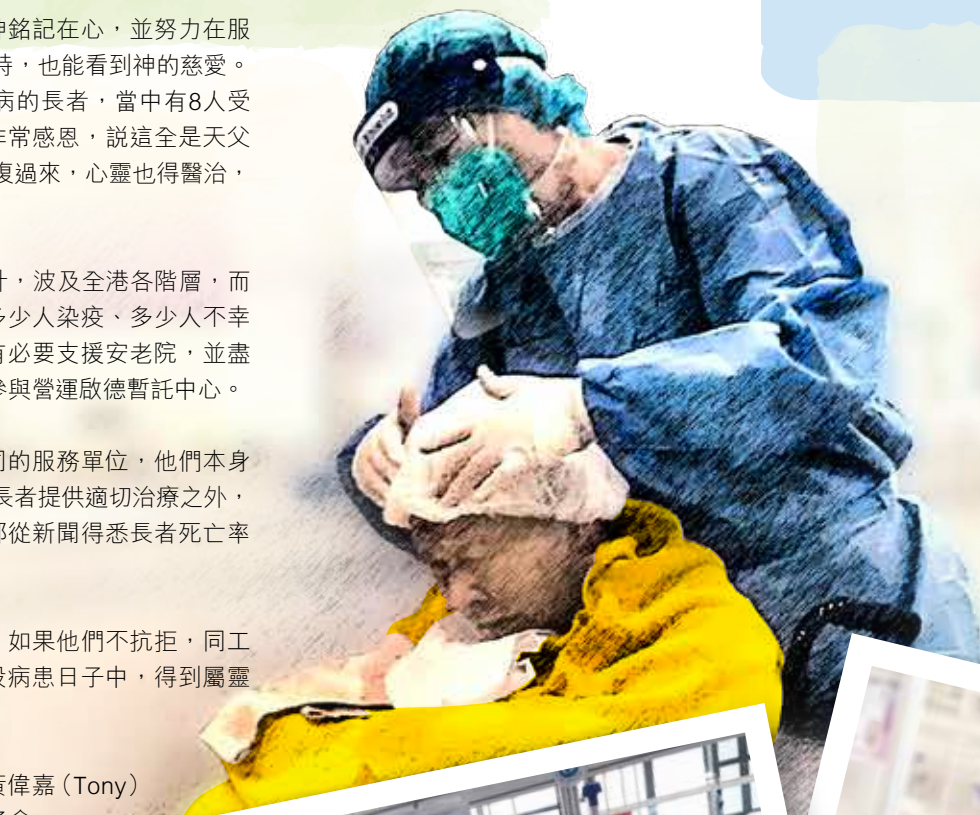
在今年2、3月期間，本港新冠疫情爆發，每日確診宗數以萬計，波及全港各階層，而安老院及體弱長者首當其衝。每日的新聞焦點，離不開是有多少人染疫、多少人不幸離世、多少人正輪候送院或隔離……在嚴峻的疫情下，社會有必要支援安老院，並盡力保護長者，而靈實亦積極參與抗疫工作，包括自3月31日起參與營運啟德暫託中心。

參與啟德暫託中心工作的同工，來自靈實專業進修學院及不同的服務單位，他們本身擁有豐富的長者照護經驗。不過，同工在意的，除了是為染疫長者提供適切治療之外，也關心他們的情緒和心靈上的需要。在那段時候，不少病人都從新聞得悉長者死亡率及院舍情況，內心難免躁動不安，因此心靈關顧尤其重要。

為了讓長者於暫託期間得到關懷，內心更為踏實和感到平安，如果他們不抗拒，同工會與他們分享信仰、唱聖詩、說聖經故事等，希望他們在這段病患日子中，得到屬靈而來的安慰。

有份參與啟德暫託中心工作的靈實長者地區服務營運總經理黃偉嘉（Tony）表示，當長者被送來暫託中心，同工在長者入住首天時，除了會簡單介紹暫託中心服務和生活日程，也會派發福音單張，「我們每天都會主動慰問院友，了解他們對於生活環境轉變及感染新冠病毒，會否感到憂慮，在傾談過程中安撫他們的情緒，並會帶領他們祈禱交託給神。」此外，除每天都會播放詩歌外，每逢星期一至五的下午，同工都會播放聖經故事及邀請參加者分享感受，而4月正值復活節時，特別講述耶穌復活與救恩的意義。

Tony分享說，有一位婆婆與社工傾談時，透露自己其實已返教會多年，親戚在教會亦有服事崗位，不過她一直未決志信主。社工見婆婆不抗拒信仰，又願意分享，遂再深入問她患病的經歷有沒有令心靈轉變，並邀請她將一切祈禱交託給神。最終，這位婆婆決志信主。Tony表示，連同這位婆婆在內，截至5月初已有8名長者在治病期間決志信主，非常感恩。他說，或許是因為病患對身心帶來重大影響，令人反思生命，心靈渴望得到平安，有契機驅使人接觸和認識信仰，「我們本來也沒預料到有多人信主，這確實是神的安排，合神心意的事，祂會開路。」神不僅醫治疾病，也拯救靈魂，願一切榮耀頌讚歸於上帝。



Finding God Through Illness. Life Changing Experience at the Kai Tak Holding Centre

At Haven of Hope, our staff have always strived to adhere to the spirit of "Respecting Life • Impacting Life". We hope to touch lives with love so that when people receive the services they need, they can see God's love.

God's arrangement is beyond all human wisdom. Who could have imagined that eight of the elderlies who were treated at the Kai Tak Holding Centre were moved to believe in our Lord? Our staff involved in the service work at the Kai Tak Holding Centre were overjoyed and very grateful, saying that this was the work of our Heavenly Father. In addition to recovering from COVID-19 during their short stay at the centre, these patients' spirits were healed, they received salvation and became a brand-new person.

During the COVID-19 Omicron variant outbreak in Hong Kong in February and March this year, tens of thousands of cases were confirmed every day, affecting all walks of life in Hong Kong, with residential care home for the elderly and frail elderlies bearing the brunt. Every day we were engulfed by news of the number of people infected, the number of deaths and the number of people waiting to be sent to hospitals or quarantine facilities.... Under such severe epidemic situation, it was necessary for the community to support residential care home for the elderly and do our best to protect the elderly. Haven of Hope Christian Service (HOHCS) actively participated in the anti-epidemic work, including the operation of the Kai Tak Holding Centre since March 31.

Our staff who were involved in the work at the Kai Tak Holding Centre are from Haven of Hope Professional Training Institute and various service units. They have extensive experience in elderly care. Besides providing appropriate treatment for the infected elders, our staff were also concerned about their emotional and spiritual needs. During that time, many patients were worried and frightened especially when they learnt about the mortality rate and hospital situations from the news. Therefore, spiritual care was especially crucial.

In order for the elderly to feel more at ease and have a peace of mind while receiving care, our staff share their faith, sing hymns and tell bible stories etc. for interested patients so that they could receive some spiritual comfort.

Tony Huang, Operations General Manager of Haven of Hope District Elderly Community Service, who was involved in the work at the Kai Tak Holding Centre, said that when an elder was admitted, not only will our staff give a brief introduction about the service centre and explain the daily schedule, they will also distribute gospel leaflets. "We take the initiative to comfort our patients every day and find out how they feel about the changing living environment and contracting COVID-19. We try to soothe their emotions during these conversations and lead them in our prayers to God." Furthermore, in addition to daily hymns, every afternoon, Mondays to Fridays, our staff will broadcast bible stories and invite participants to share their feelings. This April, we commemorated Easter by sharing the meaning and significance of the resurrection and salvation of our Lord Jesus Christ.

Tony shared a story of a grandmother who revealed to the social worker that she had actually returned to the church for many years. She also has relatives serving in church but she has yet made up her mind to convert to Christianity. Seeing that the grandmother was very willing to share and did not resist her faith, the social worker asked her if this experience with COVID-19 has made her changed her belief. She went on invited her to entrust all her prayers to God. In the end, the grandmother decided to believe in the Lord.

Tony said that, as of early May, eight elderly people, including this grandmother, have decided to believe in the Lord while receiving treatment, to that, he was very grateful. Tony felt that perhaps the sickness and suffering have a major impact on the body and mind, which makes people reflect on life and when the soul yearns for peace, there was a desire to make connections and understand the faith. "We didn't expect so many people to believe in the Lord, but it is indeed God's arrangement. When it is in accordance to God's will, he will show us the way." God not only heals diseases, but also saves souls. May all the glory and praise be to God.

職業治療師： 協助患者 重返正常生活

當大家聽到職業治療師時，會聯想到甚麼？是治療職業病的專業人士嗎？原來，職業治療師是透過適切的復康活動，如遊戲、工作、自我照顧、體育運動等，去恢復患者身體上、心理上、精神上的功能，從而協助他們重返家庭、工作崗位及社區生活。剛退休的靈實復康服務營運總經理陳恩賜（Samuel），是首批在香港受訓的職業治療師之一，他見證和參與在這個行業在過去40多年的發展。

用活動作治療手段

Samuel表示，職業治療師是用不同活動作治療手段，需要對人體功能基礎有深入的認識，也要兼具靈活和創意，懂得見招拆招。舉例說，針對專注力不足的小朋友，職業治療師有時會用盪鞦韆作為治療手段，這種遊戲本身容易引發小朋友持久參與，從而幫助他們調控醒覺度、統合平衡、肢體軀幹肌肉控制、手眼腳相互間的協調和專注力等功能。



過去40年的醫學知識不斷增長，就有如一條往前流動的大河，而職業治療師就好像河上的一隻艇，也跟著進步。以往一些記憶力差的長者，會被醫生簡單診斷為患上認知障礙症，但近年發現多種不同手段可促進血液循環，對防止腦功能衰退甚有幫助，職業治療師便需要設計不同活動協助長者。職業治療師也會與醫生、中醫師、物理治療師、心理學家、言語治療師等專業人士進行跨界別合作，達到具協同效應的治療效果。

神驅使我加入靈實

曾經在多間機構工作的Samuel，是香港首屆職業治療師課程的畢業生，在靈實服務了23年，最近退休。他說：「與其說我選擇靈實，不如說是神驅使我加入靈實，我於1999年想轉換工作機構時，先獲另一間服務智障人士的機構聘用，而稍後靈實差不多同一時間示意會聘用我，由於靈實的服務範圍闊許多，加上它在屬靈上的傳統，我便加入了靈實。」

Samuel認為對肌肉、骨骼、血管、心臟等的認識，可以看到神偉大的創造，他經深入探討後，發展了一套「山姆療法」，以類似按摩的手段，使癌症、中風、痛症等病人繃緊的肌肉變得柔軟，促進減低他們的血液受到循環上的壓逼，當有新鮮的血液流動，被困住或多餘的體液就會被排走，以騰出位置讓新鮮血液進入，從而使患處得以修復和改善。

透過設計不同活動，使患者可以再次「企起身、追到巴士、踢到波」，為Samuel帶來最大的滿足感，他認為自己40多年前選擇加入這一行業是十分值得的。

Occupational Therapist: Assisting Patients Return to Normal Life

「山姆療法」有助改善病人的身體功能。
“Samuel’s Protocol”
helped improve patient’s
physical function.



What comes to your mind when people talk about occupational therapist? Is it a professional treating occupational disease? It turns out that occupational therapists restore patients’ physical, psychological and spiritual functions through appropriate rehabilitation activities, such as game, work, self-care, physical exercise, etc., so as to help them return to family, work and community life. Samuel Chan Yan-Chi, the recently retired Operations General Manager of Haven of Hope Rehabilitation Services, one of the first occupational therapists trained in Hong Kong, has witnessed and taken part in the development of the industry over the past four decades.

Using Activities as Treatment

According to Samuel, occupational therapists use different activities as treatment methods. They need to have an in-depth understanding of the functions of the human body as well as the flexibility and creativity to trouble shoot any problem that might arise. To cite an example: for children with attention deficit, occupational therapists sometimes use “Swinging” as treatment method. This kind of activity is easier to trigger children’s interest and longer participation, thereby helping them to regulate their sense of awareness, balance, body and limbs muscle control, hand-eye-foot co-ordination and concentration, etc.

Medical science has advanced leaps and bounds over the past four decades, like a massive river gushing forward, occupational therapists are like boats on the river, moving forward as well. In the past, some elderly people with poor memory were simply diagnosed with dementia by doctors. But in recent years, it has been discovered that various methods can promote blood circulation, which is very helpful to prevent the decline of brain function, so occupational therapists needed to design different activities to assist the elderly. To achieve the synergy effects in treatment results, occupational therapist also collaborated with other professionals such as doctor, Traditional Chinese Medicine practitioner, physical therapist, psychologist, and speech therapist.

God Drove Me to Join Haven of Hope

Samuel graduated from Hong Kong’s very first occupational therapist course and had been working in various institutions. He had recently retired after 23 years of service at Haven of Hope Christian Service (HOHCS). He said, “Rather than saying that I chose HOHCS, it was really God that drove me to join it. In 1999, when I wanted to change my job, I was first employed by an organisation that served people with intellectual disabilities. Shortly afterwards, HOHCS also expressed interests to hire me. Due to the wider range of services provided by HOHCS and its spiritual tradition, I decided to join the organisation.”

Samuel believes that God’s great creation can be seen from the knowledge of muscles, bones, blood vessels, heart, etc. After in-depth research, he developed a set of “Samuel’s Protocol”, which uses a massage-like method to soften the tense muscles of cancer, stroke or pain patients to reduce the pressure of blood circulation. When fresh blood is flowing, trapped or excess fluid can be drained to make room for fresh blood to enter thus allowing infected areas to repair and improve.

By designing different activities, patients can “Get up, Chase the bus, and Kick the ball” again. This brought immense satisfaction to Samuel and he thinks his decision to join the industry four decades ago was very worth it.

對抗病魔 展現人性美麗



Vivian (右)與活動特別嘉賓潘杰寧合照。
Vivan (right) with Kelen Poon, special guest of the event.



支持「Love is No Barrier Art Jamming」活動。
Supporting the "Love is No Barrier Art Jamming" event.

面對煩惱和逆境，有人選擇自暴自棄，有人會積極面對。過去兩年，許多人都受到疫情的困擾，而癌症病人所受的影響更大，但在人生滿載奇妙的驚喜，往往在艱難時刻，激發人性美麗的一面。

Vivian Yeung 2019年因為患癌而接受過兩次大手術，至今仍未完全康復，除有後遺症外，皮膚也較為敏感。雖然不幸接踵而來，但她沒有被病魔打敗。她在疫情期間要到醫院接受各種治療，所以特別留意到防疫用品，雖然市場有各式各樣的酒精搓手液和消毒噴霧，但卻缺少面部消毒護膚用品，她決定研創抑菌美容系列，希望喚醒大眾對面部消毒的關注。

「以往在銷售方面幫助他人做了許多事，但原來可以幫自己去做，然後去幫人。」為了成就自己的理想，Vivian一直努力，在接受治療期間，帶著虛弱的身體洽談投資和合作，終成立自己的品牌Woop，推出抑菌面部噴霧，產品備受時尚達人和KOL追捧。她希望透過支持靈實和參與慈善活動，將關愛的信息傳遞出去。

「我一向都想支持非政府機構。因為機緣巧合認識了靈實，發覺靈實追求創新突破的精神，與自己公司的理念相近，雙方一拍即合，我便開始支持靈實的慈善籌款活動。」Vivian去年送出抑菌面部噴霧產品，給予靈實小慈善家粵劇工作坊、Hopes Runner 2021靈實生命線上跑等活動，支持靈實非政府資助長者服務和靈實司務道寧養院籌款活動。此外，Vivian亦與靈實合辦活動，舉行「Love is No Barrier Art Jamming」，讓小朋友欣賞靈實復康會員的畫作及體驗畫畫的樂趣。

在患病期間，Vivian投入主耶穌的懷抱內，為她帶來安慰，使她能樂觀地面對重重困難，而她特別喜歡這句經文：「若有人在基督裡，他就是新造的人，舊事已過，都變成新的了」（哥林多後書 5:17）。她正計劃與朋友合作，透過活動協助更生人士及有心智障礙小孩子的家庭，醫治他們心靈上的傷痛。

Beauty of Humanity when Confronting Illness

When faced with trouble and adversity, some people chose to give up on themselves, while others faced it positively. Over the past two years, many people were plagued by the COVID-19 pandemic, and cancer patients were even more affected. However, life is full of wonderful surprises and will inspire the beautiful side of humanity during the most difficult times.

In 2019, Vivian Yeung underwent two major operations for cancer and she has yet fully recovered. In addition to side effects from the illness, her skin became more allergic. Even though misfortunes ensued, she was not defeated by them. During the pandemic, she had to go to hospital for various treatments, so she paid special attention to epidemic prevention products. Though there was a variety of alcohol-based hand sanitizers and disinfectant sprays in the market, there was a lack of facial disinfectant products. Therefore, she decided to create a range of anti-bacterial beauty products hoping to arouse public's attention to facial disinfection.

"In the past, I have done many things to help others in sales but I realised that I can do it for myself first and then help others." To achieve her goals, Vivian worked really hard and had negotiated investment and cooperation opportunities during treatments and feeling weak. Finally, she established her own brand Woop and launched an anti-bacterial facial spray which was highly sought after by fashionistas and KOLs. By supporting Haven of Hope Christian Service (HOHCS) and getting involved in charities, she hoped to spread the message of love and care.

"I've always wanted to support NGOs. By chance and coincidence, I got to know HOHCS and its spirit of pursuing innovation and breakthrough was very similar to the ideals of my company. After the two sides talked, we immediately hit it off and I have been supporting HOHCS' charity fundraising activities." Last year, Vivian donated anti-bacterial facial spray products to HOHCS' Young Philanthropist Cantonese Opera Workshop, Hopes Runner 2021 and other activities, in support of HOHCS' non-subservient elderly services and fundraising activities for Haven of Hope Sister Annie Skau Holistic Care Centre. In addition, Vivian also co-organised the "Love is No Barrier Art Jamming" event with HOHCS where our HOHCS' Young Philanthropist learnt to appreciate paintings from some of our rehabilitation members and experienced the fun of painting.

During her illness, Vivian threw herself into the arms of Lord Jesus, who brought her comfort and enabled her to face difficulties with optimism. She particularly liked the bible verse: "If anyone is in Christ, he is a new creation; the old has passed away, new things have become" (2 Corinthians 5:17). She is now planning to collaborate with friends to organise activities to help rehabilitate offenders and families of children with mental disabilities to heal their spiritual pain.



Vivian (左)與粵劇小演員利文詒合照。
Photo with children's Cantonese opera actor Li Man-chit.

靈實「盼望之灣」 18K白金寶石十字架吊墜 “Haven of Hope” 18K Platinum Gem-Set Cross Pendant



吊墜設計靈感來自靈實禮拜堂外牆的馬賽克十字架，以18K白金鑄造，線條簡約，呈現十字架的潔淨。正面鑲嵌22顆方形彩色寶石，散發璀璨的「希望之光」，可輕鬆搭配各種服飾，送禮自用皆宜。靈實福音事工部現正籌募經費，凡捐款達HK\$13,000，可獲贈靈實「盼望之灣」18K白金寶石十字架吊墜一個。誠邀大家善用電子消費券做有意義的事，慷慨解囊支持福音事工。

靈實禮拜堂於1961年平安夜啟用，外牆一直掛著一個約三層樓高的十字架，是區內一個著名地標。十字架最初用光管砌成，在晚間散發出光芒，照亮社區，也同時為附近一帶海灣的船隻導航。十字架近年復修，注入「盼望之灣」的元素，以馬賽克展現出對靈實的希望，及神的祝福。



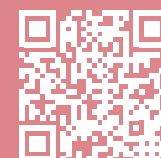
Inspired by the mosaic cross on the external wall of the Haven of Hope Chapel, the pendant is especially designed in succinct lines with 18K platinum casting, presenting the clean and purifying features of the cross. 22 pieces of squared and multi-coloured gems are embedded on top of the cross, diffusing the sparkling “Light of Hopes”. The pendant can be perfectly matched with all clothings, making it an accessory suitable for self-use or as a gift for others. HOHCS Evangelistic Work Department is currently launching a fund-raising campaign. Those who donate HK\$13,000 will be given a piece of “Haven of Hope” 18K platinum gem-set cross pendant. You are more than welcome to use the consumption voucher to do something for worthy cause, and make generous donation to support evangelistic work.

The Haven of Hope Chapel was opened on Christmas Eve in 1961, with a three-storey high cross hanging over the external wall. As a landmark in the district, the cross was originally built by light pipes. The light of which shone at nights lighted up the community, also providing navigation to the ships nearby the haven. The cross has been under renovation in recent years, hoping to incorporate the element of “Haven of Hope” and exhibit hopes and God’s blessing towards HOHCS through the mosaic style.

材質：18K白金、彩色寶石
尺寸：長3.3cm × 闊2.3cm
重量：3.69克（含寶石重量共1.97卡）

Materials: 18K platinum, multi-coloured gems
Size: 3.3cm (length) × 2.3cm (width)
Weight: 3.69g (including a total of 1.97ct gems)

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www.hohcs-etouch.org.hk/ewdcross

靈實司務道 寧養院 慈善音樂會

長期抗疫使人感到身心疲勞，大家需要放鬆一下。同樣地，晚晴病人心中可能有許多掛慮，需要得到內心的平安。靈實司務道寧養院（下稱寧養院）致力與院友及家屬攜手「用愛擁抱晚晴[®]」，讓院友在面對身體機能衰退，甚至走在生命晚期時，仍能得到適切的治療、有尊嚴的照顧和心靈的平安。



為回應香港人口急劇老化的服務需求，寧養院啟動擴建計劃，第一期擴建已經開展，計劃興建一幢有150張牀的安寧照顧大樓暨教研中心。香港愛樂團今年6月在香港文化中心音樂廳舉行慈善音樂會，為寧養院擴建計劃及慈惠病床服務籌集經費。今次音樂會以大自然為主題，期望聽眾可以放鬆心情欣賞美妙的音樂。誠邀各位繼續支持寧養院。

Haven of Hope Sister Annie Skau Holistic Care Centre Charity Concert

The prevailing battle against the pandemic could be exhausting. Everyone needs to relax. Likewise, late-stage patients, who may have many worries, need peace of mind. Haven of Hope Sister Annie Skau Holistic Care Centre (SASHCC) is committed to joining hands with its residents and their families to “Embrace the Last Journey with Love”. In the face of deteriorating physical conditions and walking through the late stage of life, the residents can receive appropriate treatments and respectful caring in a sense of peace.

In response to the service demand of Hong Kong’s rapidly ageing population, SASHCC has launched an extension plan. Phase one extension has been carried out with a plan to construct a 150-bed Hospice Care Block & Education, Training and Research Centre. The SAR Philharmonic Orchestra staged a charity concert at the Hong Kong Cultural Centre in June this year, raising fund for the extension of the SASHCC and its Relief and Charity Bed Service. The theme of the concert is Nature. It is expected that the audience could relax and enjoy the beautiful music. We would like to cordially invite you to support SASHCC continuously.

捐款請致電
For donation please contact: 2703 3290 / 2703 3373



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新冠肺炎的病後調護

Post-COVID-19 Care

鄭曉盈中醫師

by Cheng Hiu Ying, Traditional Chinese Medicine Practitioner

近日，很多新冠肺炎康復者都面對一個困擾：在檢測結果轉陰性後，身體久久未能復原。此因患病後身體正氣減弱，餘邪未盡，此時應注意調護以促進正氣復原。

調護需講究「三因制宜」

同樣是外感病，因應氣候、地域及個人體質差異，其病情發展也可各異。以第五波疫情中多見的濕溫病為例，春夏之交多見暑濕相兼為病。香港位居南方，氣候溫熱而多濕。脾胃虛弱或濕重人士尤其易受影響。濕屬陰邪，易阻遏陽氣。溫屬陽邪，易燥化傷陰。濕溫二邪並病，按病人體質可有不同發展方向。

脾胃虛弱或陽氣不足者，較常出現濕傷脾胃證候，如疲倦、納差、腹脹、腹瀉等脾胃失運之表現，痰濕內停則易見痰多、頭重等。素體燥熱或壯實者，則易出現燥化傷陰等證候，如口咽乾燥、乾咳等表現。臨床上多出現不同病機堆疊，醫師需在審閱患者病況及病史後，歸納出核心病機處方及醫囑。

慎進藥重調養

正因每人體質不盡一樣，在選用中成藥或者食療時需加倍小心，以免胡亂進補或清熱反加重病情，在使用相關藥膳方前應先諮詢註冊中醫師。症狀明顯或久未痊癒時，應盡早就醫。

Many recovered coronavirus patients are currently stricken by the COVID-19 complications even some time after they are deemed recovered as their test results have turned to negative. It is found that their vital energy is falling; with the evils remain trapped inside. Mind it: this is high time to rebuild and regenerate the body; and to replenish vital energy.

To Strengthen Your Body, You Must Consider These "3 Right-time Factors"

The impacts and developments of the same exogenous factor may vary from person to person due to the changes in climate, topography and individual physique. For instance, the majority of infected people in the fifth wave were found to be associated with the pathogenic factors of wetness and heat that commonly occur between spring and summer. Geographically, Hong Kong is situated in the South; where it brings warm and humid air in summer, this affects people particularly those with impaired spleen and stomach or dampness disorder. In Traditional Chinese Medicine (TCM), dampness which belongs to yin evils, tends to obstruct yang qi while heat to yang evils, that is apt to trigger dryness and impede yin qi. In short, both wetness and heat may cause diseases. But different people will respond differently according to their own physique.

In general, the manifestations for people with spleen-stomach disorders and deficiency in yang qi include the fatigue, poor appetite, bloated stomach, diarrhea and others due to the dysfunction in transformation and transportation in spleen and stomach. As a result, "dampness" is retained; thus causing phlegm, heavy-headedness and others. In TCM, people with good physique, or excess heat and dryness in nature, may impair fluids inside the body. They may conduce to excess dryness and yin deficiency. The symptoms such as dry nasal cavity and throat, dry cough and others may exist. By clinical study, variations and overlapping in cases have been detected in the pathogenic development. So TCM practitioner should study carefully the patient's medical history and his/her health situation in the diagnostic process; before giving any medication and treatment.

Be Careful in Handling Proper Medication with an Emphasis on Body Regeneration

In light of the individual variations in physique, one must consult a registered TCM practitioner before taking in the Chinese herbal medicines or dietary prescriptions. Otherwise, one's sickness may not get healed; for instance, instead of removing the excess heat, the health conditions may get worse. Remember to seek medical treatment as quickly as possible if the persistent coronavirus symptoms last even after recovery.

1 脾肺陰虛：如飲食減少，虛熱勞咳。

- **珠玉二寶粥**《醫學衷中參西錄》
山藥30g 薏以仁30g 柿餅霜12g（白淨柿霜更佳）
先將山藥薏仁搗碎，加3-4碗水煮至爛熟，
調入切碎的柿霜餅，融化即可。
注意：虛寒或脾胃失運之人忌用，糖尿病患慎用。

Deficiency in spleen yin and lung yin :

the symptom manifestations include fatigue, heat and dry cough. The patients are advised to reduce the number of eating and drinking.

- **"Pearl-and-Jade" Erbao Porridge** as written in "Yi Xue Zhong Zhong Can Xi Lu"
Ingredients: 30g Yam; 30g Coix kernels; 12g persimmon frost (preferably the clear white frost from the dried persimmon)
Method: Firstly, grind the yam and coix seeds; Then add in 3-4 bowls of water and to boil them. Finally add in the finely chopped dried persimmon. Boil all of them together until they melt together.
Attention: Not suitable for people who are weak and cold by nature; and with spleen and stomach disorders. Precautions for diabetic patients.

2 脾氣虛：如疲倦，食慾減少，大便不成形。

- **四君子湯**《和劑局方》
黨參10g 白朮10g 茯苓10g 炙甘草6g
以上四味以4-5碗水泡15分鐘，大火煮開，再轉小火煮45分鐘即可。
注意：陰虛燥熱之人慎用。

Deficiency in spleen-qi :

manifestations include fatigue, poorer appetite and formless stools.

- **Four Gentlemen's Soup** as written in "He Ji Ju Fang"
Ingredients: 10g dang shen; 10g bai zhu; 10g fu ling; 6g zhi gan cao
Method: Soak all 4 ingredients in 4 to 5 bowls of water for 15 minutes. Boil up the mixture on high heat; then cook over a low flame for 45 minutes. It is then ready to serve.
Attention: Precautions for those people who have dryness and heat; and deficiency in yin qi.

（摘自農業主題館網站） “Pearl-and-Jade” Erbao Porridge (adapted from the website of the agricultural museum) 珠玉二寶粥

四君子湯

Four Gentlemen's Soup

柿霜餅，使用時先切碎（摘自維基百科）
Chop the dried persimmon into smaller parts before using (from Wikipedia)

3 濕困脾胃：如頭身重，胃脹，大便爛。

- **運脾化濕方**（參考自《濕熱病篇》）
麥芽10g 蓮子10g 薏以仁15g 白扁豆10g 茯苓10g 炙甘草6g
以上六味以4-5碗水泡15分鐘，大火煮開，再轉小火煮45分鐘即可。
注意：陰虛或熱盛之人忌用

Dampness (imbalance arising from having too much moisture trapped in the spleen and stomach) :

manifestations include heavy headedness, bloated stomach and loose stools.

- **A recipe for improving the spleen and for removing excess wetness** (refer to "Shi Re Bing Pian")
Ingredients: 10g malt; 10g lotus seeds; 15g Coix kernels; 10g white lentils; 10g fu ling; 6g zhi gan cao
Method: Soak all 6 ingredients in 4-5 bowls of water for 15 minutes. First, boil up the mixture on high heat; then continue to cook over a low flame for 45 minutes. It is ready to serve.
Attention: Not suitable for those who have abundant heat by nature or yin qi deficiency.

病後的調養，除服用藥膳外，適當戒口及充足休息同樣重要。忌食生冷、油膩難消化等食物，固護好脾胃，使身體運化之機得以恢復，則能促進正氣復原。

Besides medication, abstaining from eating or drinking some food and taking rest are equally essential in post-COVID recovery care. Always avoid eating raw, cold, greasy and hard-to-digest food. Strengthen the spleen and stomach; so as to improve the power of transformation and transportation in our body. As a result, the vital energy will be restored.

運脾化濕方

A recipe for nourishing the spleen and draining the dampness

MESSAGE TO DONORS | 給捐贈者的話



在過去69年，靈實可以秉承「尊重生命 • 改變生命」的精神，向弱勢社群提供適切的服務，全賴捐贈者的慷慨支持。今年爆發第五波新冠病毒疫情後，靈實緊貼和回應社會的需要，積極地為抗疫出一分力，一方面做好防護工作，加強院舍的防疫措施，另一方面主動出擊，調派同工上門為行動不便長者注射疫苗。這些工作需要大量的抗疫物資，那怕是一個小小的快速抗原檢測包，也可能及早識別到一名患者，從而拯救到一條生命。

因應疫情而加開的服務，靈實需要大量抗疫物資。福音說：「你們祈求，就給你們；尋找，就找到，叩門，就給你們開門」（馬太福音7:7）。由司務道教士創辦靈實至今，每當資源缺乏時，神往往奇妙地供應所需。經公開呼籲後，機構和個人捐贈者紛紛捐出各種抗疫物資，靈實及時把物資發放給有需要的人士，使他們在疫情陰霾下可以感到安心，抗疫工作也得以順利進行。

衷心感謝捐贈者捐出抗疫物資，在抗疫的路上與靈實並肩同行，攜手支援社會弱勢社群，共同渡過艱難的疫情。祝捐贈者和支持者身體健康！

Thanks to the generous support of donors, the Haven of Hope Christian Service (HOHCS) has been able to live up to the spirit of "Respecting Life • Impacting Life" over the past 69 years, rendering services which cater for needs of the underprivileged groups. In light of the fifth wave of pandemic outbreak, HOHCS stayed on the pulse and reacted to the social needs, sparing no efforts to combat the pandemic in a proactive manner. While undertaking protective measures to tighten anti-epidemic measures in the elderly homes, HOHCS also took the lead to dispatch staff to provide vaccination services for the mobility impaired elders. All these required the supply of a great deal of anti-epidemic materials. Even only a small kit of rapid antigen test (RAT) can help identify a patient and save a life.

HOHCS required large quantity of anti-epidemic materials for the additional services provided in view of the epidemic situation. As gospel says, "Ask, and you will receive. Search, and you will find. Knock, and the door will be opened to you," (Matthew 7:7). Since the founding of HOHCS by Sister Annie Skau, God has long been miraculously offering what we need in the event of resource shortage. Upon making a public appeal, there had been organisations and individuals donating various anti-epidemic materials, which enabled us to carry out anti-epidemic measures smoothly. HOHCS then delivered the materials to the needy in a timely fashion, so that they can feel at ease amid the haze of the pandemic.

Hats off to donors who donated anti-epidemic materials and stood side by side with HOHCS, joining hands to help the underprivileged group to ride over the pandemic challenges. We wish all the donors and supports good health and wellness!



《個人資料(私隱)條例》聲明 Use of Personal Data Declaration

基督教靈實協會(下稱靈實) 尊重 閣下所提交的個人資料，您所提供的個人資料只限用於靈實發出捐款收據、通訊、籌募經費及收集捐款者意見之用。在未經您的事先同意前，我們不會向其他人士或機構披露所收集的個人資料。
靈實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使用。
如 閣下需要查閱或修正你的個人資料，請在辦公時間內致電 2703 3284，電郵至 privacy@hohcs.org.hk 或致函至香港新界將軍澳靈實路7號一樓與靈實傳訊及籌募部聯絡。
Haven of Hope Christian Service intends to use your personal details for our communication in future, including issuing donation receipt, passing information, fundraising work and conducting donor surveys or research. We will not provide your personal data to third parties without your consent.
We are committed to protecting the privacy, confidentiality and security of the personal information we hold by complying with the requirements of Personal Data (Privacy) Ordinance with respect to the management of personal information.
If you wish to access or correct your personal data, please contact HOHCS Communications and Resource Development Department at 2703 3284, or privacy@hohcs.org.hk or 1/F, 7 Haven of Hope Road, Tsung Kwan O.

☐ 本人同意 基督教靈實協會及其服務單位使用本人之個人資料傳遞服務通訊、活動宣傳、發出捐款收據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 : _____



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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■ 服務查詢熱線 Service Enquiry Hotline : (852) 2701 9019 傳真 Fax : 2706 0463 電郵 Email : info@hohcs.org.hk
 ■ 義工及捐款熱線 Volunteer & Donation Hotline : (852) 2703 3284 傳真 Fax : 2702 8173 電郵 Email : crd@hohcs.org.hk

捐款回條 Donation Form

NEW-BL-22-06

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 ☐ 其他 Others _____

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 ☐ 靈實恩光成長中心
Haven of Hope Sunnyside
Enabling Centre
☐ 福音事工
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The Haven Project

☐ 需單次捐款收據 One-off Donation Receipt ☐ 需每年捐款收據 Yearly Donation Receipt

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出生日期 Date of Birth* : _____ 教育程度 Education* : _____ 職業 Occupation* : _____

捐款者編號(封底郵寄地址右下角) Donor's reference no. (the no. on the right hand bottom of the address label) : _____

地址 Address : 室/樓號 Room/Flat _____ 樓層 Floor _____ 座 Block _____ 大廈 Building _____ 街道 Street _____

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請轉後頁填寫《個人資料(私隱)條例》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」Payable to "HAVEN OF HOPE CHRISTIAN SERVICE"

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

☐ 信用卡 Credit Card : ☐ VISA ☐  ☐ 

持卡人姓名 Cardholder Name : _____ 信用卡號碼 Credit Card Number : _____

持卡人簽署 Authorised Signature : _____ 有效期至 Card Valid Until : _____

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

☐ 按月自動轉賬 Monthly Autopay : 會按上述個人資料寄上「信用卡/自動轉帳授權書」，或可於本機構的網頁www.hohcs.org.hk下載。
"Credit Card / Autopay 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 : ■ *為必須填寫的項目，以便用作印發捐款收據之用。 Required fields for issuing donation receipt.

非必要填寫 Optional

■ 請將支票、銀行存款單或直接付款授權書寄回本機構的傳訊及籌募部收。

Please send cheques, deposit slips or Direct Debit Authorisation Form to our Communications and Resource Development Department.

■ 捐款港幣100元或以上將獲發收據。

Receipt will be issued for donations of HK\$100 or above.

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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.

捐款人個人資料，只為傳遞本機構的資訊及籌款之用。若捐款者不願收到本機構的資訊或需要更改個人資料，請致電2703 3284或電郵至privacy@hohcs.org.hk與本機構的傳訊及籌募部聯絡。

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 Resources Development Department at 2703 3284 or email to privacy@hohcs.org.hk.

《個人資料(私隱)條例》聲明載於後頁。 Turn over for the Use of Personal Data Declaration.