

靈感 HAVEN OF HOPE NEWS

109
2022

傳承愛
燃亮生命 啟迪創新

PASS ON LOVE;
IGNITE LIFE AND INSPIRE
CREATIVITY

飛出香港 活出真我
FLYING OUT OF HONG KONG,
LIVING THE TRUE SELF

趙宗義律師分享
—— 砥礪同行，一起成長
MR CHARLES CHIU'S SHARING:
FORGE AHEAD AND GROW
TOGETHER WITH PERSEVERANCE



基督教
靈實
協會
HAVEN
OF HOPE
CHRISTIAN SERVICE

尊重生命 • 改變生命

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Alphabetical Order (Surname)

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

親愛的靈感讀者：

每個機構的背後都有自己建立的文化，它是員工共同擁有的價值觀和信念，是帶領機構邁步向前的標記。基督教靈實協會（下稱靈實）的創辦人司務道教士為主奉獻一生，以專業服務社群，漂洋到香港親身照顧苦難中的人們。我最初加入靈實時，司教士已經退休，但她堅持一生的靈實精神「尊重生命•改變生命」卻從未離開我們。我在機構服務的30年中，深深感受到靈實文化的傳承，影響一代又一代的靈實人和社會。

感謝神！讓我曾經有機會到司教士挪威的舊居參觀，其中司教士的日記本在我心中留下了烙印。日記本上寫滿密密麻麻的人名和需要，大多都是靈實的同工和病人，司教士將靈實放在心內，對靈實的愛和投入不言而喻。和她的一生一樣，司教士作風貼地、踏實，身體力行回應社區居民的需要。她在當時仍是一片荒原的調景嶺開辦不同服務，建立肺病療養院，照顧肺病病人，更在病人臨終時陪伴在側，擁抱他們，讓他們感受到愛和希望。她又擔心末期病人的年幼子女在病人離世後孤苦無依，便成立恩光護幼院照顧這些孩子，為有需要的人多走一步。

靈實不忘初心，因應社會的需要，推出創新服務，2006年開辦自負盈虧的司務道寧養院便是一個好例子。我們希望每一個晚晴病人都得到愛心關懷，有尊嚴、圓滿地離去，因此即使是旁人認為不可能賺錢，甚至要虧蝕的服務，靈實仍然願意承擔起這個使命，開辦臨終病人寧養服務，用愛擁抱晚晴。事後回想，可見當年決定的前瞻性，更是要感恩主賜給我們的勇氣和祝福。

靈實現在面向的社區不再是昔日的調景嶺，而是擁有50萬人口的將軍澳新市鎮，但我們「尊重生命•改變生命」的精神始終不變，仍然是當初人們心中的盼望之灣。在董事會的帶領下，我們有「異象2030」的十年服務計劃，秉承司教士的精神看顧社區，將靈性關懷融入各服務之中，並藉創新服務模式推動社會改變。

轉眼間，靈實在將軍澳扎根接近70年。我們正透過多年建立的基礎和配套網絡，積極推行基層醫療地區工作，建立健康生活模式，照顧居民身、心、社、靈全方面需要。在不久的將來，我們在西貢對面海和蠔涌會設立新的服務中心，有了這些新的落腳點後，將可以加強與西貢鄉郊的連結，更好地擔當看守者的角色。

行政總裁
林正財醫生

Dear Haven of Hope Supporters,

Every organisation has their own culture which shaped the values and beliefs among the co-workers and serves as a beacon that guides the progress of the organisation. Sister Annie Skau, the founder of Haven of Hope Christian Service (thereafter referred to as HOHCS) dedicated her whole life to God, travelling a long way to Hong Kong from Norway to take care of sufferers and serving the community with professionalism. When I first joined HOHCS, Sister Annie had already retired. Yet, the HOHCS spirit of "Respecting Life. Impacting Life" that she had been upholding throughout her life has never diminished. In my 30-year term of office, I am deeply touched by the inheritance of HOHCS culture, which has successively affected generations of HOHCS staff and the society.

Thank you God for granting me a chance to visit Sister Annie's old residence in Norway. I was most impressed by her diary marked with numerous records of names and demands, and most of them were related to HOHCS co-workers and patients. Sister Annie always put HOHCS in her heart, exhibiting her unwavering love and dedication towards HOHCS. Throughout her life, Sister Annie pragmatically took substantial action in response to the needs of residents in the community. At that time, she launched various services, including the building of a Tuberculosis Sanatorium to take care of patients with lung diseases. She even stayed with the late-stage patients and embraced them with love and hope during their last journey. She was particularly concerned about children of the late-stage patients for fear that they would feel helpless and have no one to depend on. Hence, Sister Annie established a Children's Preventorium to cater for the needs of those children, taking one step further to help the needy.

While not forgetting our original intention, HOHCS launches innovative services to accommodate the social needs. The launch of the self-financed Sister Annie Skau Holistic Care Centre in 2006 was an exemplary evidence that demonstrates our intention to offer love and care to every late-stage patient, so that they can complete their life journey with dignity and fulfilment. Indeed, HOHCS is willing to uphold this mission to launch services that people deem as making no money or even losing money. We are committed to providing palliative care for the late-stage patients, enabling them to embrace the last journey with love. Looking back, we have made a profound decision, thanks to God's blessing that propelled us to launch the services with courage.

HOHCS has now extended its services from Tiu Keng Leng to Tseung Kwan O New Town area which has a population of 500,000 people. However, what hasn't been changed is our motto of "Respecting Life. Impacting Life", and that HOHCS remains the "Haven of Hope" in people's heart. Under the leadership of HOHCS's Board of Directors, a 10-year "Vision 2030" service plan has been devised, passing on Sister Annie's spirit of caring the community. We have also accomplished to integrate spiritual care into all our services and drive social advancement through innovative service models.

Time flies. HOHCS is with Tseung Kwan O for nearly 70 years. At present, we are proactively pushing ahead the development of primary healthcare services, capitalizing on the well-established infrastructure and supporting networks. We strive to build a healthy living style, catering for various demands of the residents, in terms of physical, mental, social and spiritual needs. In the near future, new service centres will be set up in Tui Min Hoi and Ho Chung in Sai Kung. These new initiatives will not only allow us to strengthen connections with the villages in Sai Kung, but also better performs the role as a healthcare keeper for the community.



Dr Lam Ching-choi
Chief Executive Officer

傳承愛 燃亮生命 啟迪創新

Pass on Love; Ignite Life and Inspire Creativity

基督教靈實協會（下稱靈實）成立近70年來，一直用心回應社區人士對長者、健康、復康及教育服務的需要。一路走來，靈實堅持傳承創辦人司務道教士的精神，提供全人關懷服務，以愛心服事，燃亮生命，藉服事讓人認識基督信仰。在今期《靈感》，幾位靈實人分享了在服事中的體會，不論資深的或新一代的靈實同工，他們都深受司教士及靈實文化啟發，願意成為服務使用者生命上的同行者，在各自的崗位上，延續了靈實關顧「身、心、社、靈」及「尊重生命·改變生命」的核心價值。

Since its founding 70 years ago, Haven of Hope Christian Service (hereafter referred to as HOHCS) has long been addressing the community's needs by heart, offering elderly, health care, rehabilitation and education services. HOHCS always adheres to passing on the spirit of our co-founder Sister Annie Skau, by providing holistic care services with love to ignite life, and to guide people to know about Jesus Christ through services. In this issue of newsletter, three HOHCS colleagues shared insights over their services. From veteran to new generation of HOHCS staff, they are all deeply inspired by Sister Annie and HOHCS culture, willing to be the lifetime companions of service users and sustaining HOHCS' core value of "Respecting Life. Impacting Life".

靈實司務道寧養院
院長梁智達醫生
Dr Antony Leung,
Medical Superintendent
of SASHCC





**靈實司務道寧養院院長梁智達醫生
——以基督為中心 用愛擁抱晚晴®**

「從司教士身上除了學到信心，也看到她在服事中充滿愛心。這份愛推動她願意多行一步，願意做一些別人不願做的事工。」靈實司務道寧養院院長梁智達醫生細說道，早於1986年讀到司教士的自傳《荒原上》已被她的信仰和見證觸動，包括她對臨床的肺癆病人不離不棄，在床邊陪伴他們到離世，又為照顧病人的孩童，建立恩光護幼院（靈實恩光學校的前身），這些事跡都令他感動。

梁醫生表示，司教士對病人的愛是發自內心，她由衷的疼惜病人，關顧他們的身心靈，並堅持陪伴他們走完人生最後一程。這份與晚晴病人同行的精神，成為靈實寧養服務的核心價值和支柱。寧養院自2006年成立以來，一直秉持「用愛擁抱晚晴」，讓院友在面對身體機能衰退，走到生命晚期時，仍能得到適切的治療、有尊嚴的照顧和心靈的平安。

在靈實35年來的服事，梁醫生領會到服務融合靈性關懷很重要：「不論世界如何發展，如何轉變，人的一些基本需要是不會改變的，包括需要被愛、被接納、被寬恕，我們願意回應。」曾有一位老伯伯，他年少時脾氣暴躁，常遷怒於家人，令子女關係疏離。在他走到人生最後一段路時，他回想過去，最放不下的便是家人，遂向寧養院的同工說，他很渴望把握機會向子女認錯。於是，在同工積極安排下，原本一直沒前來探望的三名子

**Dr Antony Leung, Medical Superintendent of SASHCC—
Christ-centred; Embrace the Last Journey with Love®**

“From Sister Annie Skau, not only do I learn to have faith in God, but also see how she served with love. It is love that propelled her and made her take a further step to engage in these tasks that were rejected by others,” said Dr Antony Leung, Medical Superintendent of Sister Annie Skau Holistic Care Centre (SASHCC). As early as in 1986, upon reading Sister Annie Skau’s autobiography “On the Barren Upland”, Dr Leung has been deeply touched by her faith and memorable testimonies. For example, she painstakingly took care of the clinical tuberculosis patients and stayed at their bedside until they passed away; she built the Sunnyside Children’s Preventorium (then later Haven of Hope Sunnyside School) that aims to take care of paediatric patients.

Dr Leung highlighted that Sister Annie Skau’s love towards patients was from the bottom of her heart. She cared much about the patients and addressed their physical, psychological and spiritual needs. She even persisted in accompanying them on walks in the last journey of life. Her spirit of walking alongside with the late-stage patients has become the core value of HOHCS’ services. Since its founding in 2006, SASHCC has been upholding the motto of “embracing the last journey with love”. SASHCC aims at bringing comfort, dignity and peace to the residents in face of physical illnesses and even death.

After 35 years of services at HOHCS, Dr Leung realised the importance of combining services with spiritual care. “No matter how the world evolves or changes, the basic needs of human remain unchanged, which include the needs of being loved, being accepted and being forgiven. We are willing to respond to these needs,” he added. Dr Leung recalled that there was an old man who always vented his anger on family members when he was young. His bad temper distanced the relations with his children. When he

女，終與老父相見和傾訴。一家人解開長年心結，原諒了爸爸，令這位老伯伯得到內心久未有的平安。

梁醫生又分享說，曾收到一封來自家屬的讚賞信，那一家人為佛教徒，他們稱從寧養院同工的事裏體會到愛，更形容基督的愛是「大愛無私」，不會因他們是佛教徒而有些毫減少。梁醫生認為，靈實的服事以基督為中心，盼望可一直持守，「只要我們真誠地用愛心服事，自然便能傳揚福音，以生命影響生命。」



靈實高級職業治療師譚曉茵（圖左）與「舒筋樂活新里程」會員少娟（圖右）
Miss Janette Tam, Senior Occupational Therapist (left) and Siu Kuen, a member of the ReLive Project (right)

靈實高級職業治療師譚曉茵 ——全人關懷復康 跨越傷患

當面對疾病來襲，或遭遇肢體缺損，不只身體上的傷患需要醫治，受傷的心靈也須被治癒。靈實高級職業治療師譚曉茵（Janette）憶述，約4年前在靈實將軍澳及西貢地區支援中心留意到一班輪椅使用者，因脊髓或腦創傷（包括中風）等導致肢體痙攣和攣縮，活動能力受很大限制。她發覺這些會員對未來的盼望、自身、人際關係和生活的觀感有翻天覆地的打擊，身心受創，常被負面情緒籠罩，「我感到很紮心，究竟如何幫助他們由這麼重的心靈捆鎖中重得自由呢？」譚曉茵說道，「在司教士的見證中看到祈禱的力量，她時常提起聖經的教導：『你要大大張口，我就給你充滿。』」因此，她不住禱告求問神的旨意，希望能幫助到這群輪椅使用者。

looked back after entering into the last journey of his life, what made him worry the most was his family members. He then told SASHCC staff that he desired to have an opportunity to apologise to his children. Under the arrangement of the staff, the father eventually met and chatted with his three children who had never come to visit him. The gathering truly untied their emotional knots, and finally the father was forgiven by his children. Thereafter, the father found peace in his heart, a feeling that he has never had before.

Dr Leung continued that he has received a complimentary letter from members of a family who believe in Buddhism. The family members said they felt a strong sense of love from the services of SASHCC staff. They even described Jesus Christ's love as "selfless love", which in no way will be lessened due to their religion. Dr Leung asserted that HOHCS's services are Christ-centred. He wished this belief can be upheld for long, saying that "As long as we serve wholeheartedly with love, we will be able to spread the gospel and impact lives with lives."

Miss Tam Hiu-yan Janette, Haven of Hope Senior Occupational Therapist—Holistic Care and Rehabilitation to Overcome Injury

While medical therapy is required for treating illness or physical impairment, the broken heart of patients should also be cured. Miss Tam Hiu-yan Janette, Senior Occupational Therapist, recalled that she came across a group of wheelchair users in Haven of Hope Tseung Kwan O and Sai Kung District Support Centre about 4 years ago. They suffered from extremity spasticity and contracture due to spinal cord or brain injuries (including stroke), thus hindering their mobility to a large extent. Janette then noticed that the impairment has given a heavy blow to their perception towards the future, affecting how they see themselves, the interpersonal relationships with others and their own lives. Their physical and psychological health were adversely affected, and they were often plagued by negative emotions. "I felt so distressed and started thinking of how to help them get relieved from the immense mental shackles," said Janette, adding that "We see the power of prayer from Sister Annie Skau's testimonies. She often reminded us of the teachings from the Bible: 'Open your mouth wide, and I will fill it.'" So, Janette kept praying and asked for God's will, hoping that it could help the wheelchair users.

Having prayed for some time, just as what Sister Annie Skau had experienced, Janette and her teammates spent two nights to devise a holistic clinical rehabilitation treatment plan called the ReLive Project, which centres on reorganising both living and activities of patients. Sponsored by the Community Chest, this project aims to help patients reorganise their living and re-cultivate self-values in all aspects, so that they can "live once again". Janette's team tailor-made life reorganising plans and occupational therapies for members. Apart from providing spasticity rehabilitation therapy, psychological trauma and mental health treatments were also offered to assist members in managing extremity spasticity and contracture effectively. Through building a mentally healthy lifestyle, not only could they be more confident and independent, but also be able to return to the community. Led by Janette's team, the "ReLive Ambassadors" participated in various activities last year, ranging from joining a city tour, navigating small sailboats, to going on staycation. These

有如司教士所經歷的，經過一段日子的禱告後，譚曉茵與團隊在兩夜間構思了一個以生活重整及作業活動為本的全人臨床復康治療計劃——「舒筋樂活新里程」；此計劃由香港公益金贊助，全方位推動患者重整生活和重建自我價值，真正「再活一次」。團隊為會員制訂個人化的生活重整及職業治療方案，除了痙攣復康治療外，更加入心理創傷及精神健康治療，幫助他們有效地自我管理身體痙攣及攣縮情況，建立身心健康的生活模式，從而重獲自信自主的身分，重投社區生活。去年，團隊帶領這班「樂活勇士」參與不同活動，包括社區樂活大搜查（城市遊）、駕駛小帆船、去Staycation等，透過不同自我實現的體驗，享受生命中的無限可能。今年9月，一群「樂活勇士」更遠赴澳洲，在六日五夜的行程中體驗團體自由行的樂趣，交流兩地促進快樂生活的社區配備。

譚曉茵希望，透過這個計劃與患者同行，一起經歷生命的蛻變。她分享說，這兩年間看見各會員在愛中不住進步，非常鼓舞和感恩：有一位媽媽，本已背負照顧智障兒子和病重丈夫的家庭重任，中風後更陷入生命低潮；但自從她參與計劃後，透過個別治療和小組介入，逐漸建立自信、擴闊視野，現在變得非常開懷，在生活上找到作為「病人」以外的意義，現在更成為和諧粉彩畫暨生命故事分享工作坊的導師，激勵其他同路人和市民大眾。

「尊重生命·改變生命」是靈實的核心價值，譚曉茵盼望繼續傳承這份精神，透過全人關懷服務，為破碎生命重建光明，與服務使用者一同跨越傷患。

self-achieving experiences enabled members to tap into the infinite possibilities of life. In September 2022, a group of "ReLive Ambassadors" embarked on a 6 days/5 nights journey to Australia. While enjoying the self-guided group tours, the ambassadors also fostered mutual exchanges on how community facilities can promote a happy lifestyle.

Janette wished to walk alongside with patients and grow together. She was deeply encouraged and grateful to see great improvements among the members in these two years. She remembered that there was a mum who bore a tremendous family burden as she had to take care of her intellectually challenged son and heavily ill husband. Her life hit rock bottom after a stroke. Then, she joined this project and took part in individual therapy and group activities, which helped build her confidence and broaden her horizons. She is now able to find the meaning of life and is very content with her life. She is currently a tutor of the Pastel Nagomi Art classes and a tutor of story-telling workshops. By engaging in these activities, she wishes to encourage others with the same experience to strive for improvements.

"Respecting Life. Impacting Life" is the core value of HOHCS. Janette hopes to re-ignite the shattered life of service users and overcome the injury with them through holistic care services.

「舒筋樂活新里程」團隊帶領會員參與不同活動，體驗生命中的無限可能，包括出海乘坐小帆船，享受水上遊的樂趣。
Guided by the team of the ReLive Project, members participate in different activities, experiencing the infinite possibilities of life, such as navigating the small sailboat in the sea to enjoy a fun-filled maritime trip.



靈實創毅中心營運總經理鄭家良 ——伴心智障礙人士同行成長

本身為職業治療師的鄭家良（Kevin）於2003年加入靈實，最初幾年他分別於靈實護養院和樂頤居參與前線工作，至2010年獲安排擔任復康服務的管理崗位，負責統籌職業復康服務和社企業務。他坦言，在靈實工作讓他不斷成長，體會最深的是這裏濃厚的人情味，他遇到的每位靈實人都彷彿承傳了司教士的精神，充份展現出對同工的關懷和教導，以及發自內心地主動關心服務使用者，都啟發他要盡心服事，延續這份服務精神。

鄭家良說，除了照顧服務使用者的身體病患，亦要關心其心理、社交及靈性上的需要，重視他們的生命和成長。自他在靈實創毅中心服務的約十年來，日復日的與一群心智障礙學員相處下，令他愈來愈關心他們的成長，「坦白說，我們中心能給予他們的，可能已是他們世界的一半」。他們由學校畢業便會在中心接受服務數十年直到年長，中心便是他們成長的地方，正如自己在靈實成長一樣。一個好的職場絕對是孕育生命成長一個重要的元素。因此，在日常服務和構思新發展方向時，他往往時刻提醒自己和同工，要貼近學員的需要：「這些工作對學員的意義是什麼？他們能有什麼得着？」

靈實創毅中心創立的「0_10手作」不時參與市集擺賣。
IVRSC creates the "0_10 Handmade" brand and often takes part in market sale.



靈實創毅中心營運總經理鄭家良（圖右）與中心學員。
Mr Kevin Kwong, Operations General Manager of IVRSC (right) and a member of the centre.

Mr Kevin Kwong, Operations General Manager of IVRSC— Accompanying Mentally and Intellectually Challenged Persons in Their Growth

Kevin Kwong, an occupational therapist, joined HOHCS in 2003. In the early years, he had been working in frontline at Haven of Hope Nursing Home and the Jolly Place. Then in 2010, he was deployed to assume a management position of rehabilitation services, primarily responsible for making plans relating to vocational rehabilitation services and social enterprise undertakings. He confessed that working in HOHCS has kept him growing. He is deeply impressed by the strong human relationship in this organisation. It seems that every HOHCS staff he came across has

inherited Sister Annie Skau's spirit, demonstrating the utmost care and guidance to colleagues, as well as the self-motivated initiative of taking care of the service users. All these qualities have inspired him to work assiduously and extend this kind of spirit.

Kevin said apart from taking care of the physical needs of the service users, it is also essential to pay heed to their psychological, social and spiritual needs, and to care about their lives and well-being. Throughout the 10 years of service at Haven of Hope Integrated Vocational Rehabilitation Services Centre (IVRSC), he spent much time getting along with the mentally and intellectually challenged members, and became increasingly concerned

靈實創毅中心學員
製作紙杯蛋糕。
Cupcakes made by
IVRSC members.

O_10



為了讓這些心智障礙學員更能夠接觸社會，認識世界，鄺家良與中心一眾熱心同工積極構思不同的活動，創造更多機會讓學員體驗。例如中心於這兩年重新打造自家手工藝品牌，創立「O_10手作」，透過製作不同類型的產品，包括天然手工皂、潤唇膏、帆布袋等，在市集擺賣，藉此建立與社會溝通的橋樑。另外，品牌亦曾與烘焙工場合作，教導及監督學員製作彩繪曲奇，紙杯蛋糕，透過不同合作渠道將產品售賣到社會上各階層；又邀請知名攝影師教導學員用手機拍照，將照片製成月曆及於商場食肆設立攝影展覽。鄺家良認為，這些工作體驗都能讓心智障礙學員，將生活圈子由原本只有家庭及工場，擴展到認識社會上的不同層面，實踐社會價值。與此同時，他及中心各同工都有所成長，讓「服事者與被服事者彼此建立更豐盛的生命」。

about their lives. "Frankly speaking, to these students, what IVRSC can give them is almost half of their entire world," he said. After these members graduate from schools, they will receive services in IVRSC for at least ten years until they grow older. Kevin said IVRSC is a place where they grow up, just the same as he deems HOHCS as his home. An ideal workplace is critical to their growth. As such, when delivering daily services and devising new directions of development, he often reminds himself and the staff of catering for the needs of students. They should ask themselves: "what does this work mean to the members? How can they benefit from it?"

To help the mentally and intellectually challenged members to engage in the society and know more about the world, Kevin and his enthusiastic colleagues proactively planned and organised various activities, providing different experiential opportunities to them. For instance, in these two years, IVRSC re-established its original handcraft brand – the "O_10 Handmade". Through producing different types of products, such as natural handmade soaps, lip balms, canvas bags, and selling them in markets, it is hoped that a communication bridge can be built to connect the society. Besides, the brand previously collaborated with a bakery, where members were taught to make decorative cookies and cupcakes. Also, renowned photographer was invited to teach members on using mobile phones to take photos. These photos were then printed on calendars and exhibited in restaurants. Kevin opined that these work experiences enabled the mentally and intellectually challenged members to extend their social circles from family and workshops to different social platforms, hence helping them to demonstrate the social values. Kevin said, through these kinds of services, the lives of those serving and being served are mutually enriched.

飛出香港 活出真我

Flying out of Hong Kong, Living the True Self

中風或意外只在剎那間發生，但所帶來的影響卻是長久，甚至無法逆轉。要重新面對自己，適應新生活，絕對需要無比的勇氣及支援。靈實將軍澳及西貢地區支援中心的職業治療師團隊，在2020年推出由香港公益金贊助的「舒筋樂活新里程」計劃(The ReLive Project)，推動及支持一眾再生勇士重返社區生活。繼去年的帆船遊、本地Staycation後，今年他們再下一城，遠赴澳洲墨爾本體驗六日五夜的「2022年樂活之旅——勇闖澳洲自由行」。

Stroke or accident could happen in a second, but its impact could be lifelong or even irreversible. Tremendous courage and support are definitely essential to help patients answer to themselves and adapt to the new lives. Sponsored by the Community Chest, occupational therapists from Haven of Hope Tseung Kwan O and Sai Kung District Support Centre launched the ReLive Project in 2020, with the aims of bolstering and helping these "life fighters" to return to the community. Following the success of last year's events, including navigating small sailboats and going on staycation, this year the group went on a 6 days/5 nights journey to Melbourne.



「2022年樂活之旅——勇闖澳洲自由行」正式展開，參加者及隨團人員抱著緊張又興奮的心情出發。Participants and accompanying staff were so excited to embark on the trip to Australia.

60歲的文生，3年多前因中風影響四肢協調兼右側肌肉痙攣，起居飲食需家人照顧。過去經常偕妻自駕本地遊及出國探親的他，從未想過中風後仍可離港旅行。文太笑言：「當他知道有澳洲遊後，感到非常興奮及緊張，他中風後需坐輪椅亦從未敢獨自外出，亦無想過有機會再上飛機。」被問到會否擔心過程中或會遇到不便或困難時，文生雙眼堅定回應：「我有信心可以克服，以後無地方唔去得！」

澳洲之旅將有九名輪椅使用者參加，當中有因中風、腦麻痺、脊椎神經受損及腦膜炎而導致身體持續痙攣或攣縮的再生勇

士。負責計劃的高級職業治療師譚姑娘坦言，「感謝天父帶領及遠超所求所想的供應！旅程除有六名家屬同行，亦有職業治療師、治療師助理、義務醫護隨團；除了香港公益金贊助外，亦得到國泰航空安排機位及特別物資運送，Otto Bock Asia Pacific Ltd 免費借出高階電動輪椅，亦有職業治療學生、義工協助籌備，以及機構各部門協力促成美事，令參與者及家人感到鼓舞及安心。」

國泰企業事務總經理黃文傑表示：「國泰以港為家，重視和關注我們的乘客、員工，以至社會各界所需。『舒筋樂活新里

程』是一個創新的復康計劃，助身體有活動困難的人士重展積極及有意義的人生，這理念與國泰矢志為社會上有需要人士提供正向改變及支援的社區拓展策略不謀而合。我們樂意伸出援手，與大眾並肩前行。」

由國際專業服務機構安排義務隨團的心臟專科薛穎雄醫生，明白到復康人士的自我形象低落且被受歧視，故毫不猶疑參與。薛坦言：「我相信澳洲之旅能為他們帶來新的體驗，亦希望我的同行能讓大家安全地享受旅程，當中的經歷有助他們提升解難能力，從而面對未來的不同挑戰。」除

了提供醫療協助外，薛醫生不諱言：「我期望透過了解每一位參加者的生命故事而得到啟發，讓我的行醫工作更豐富更有意義。」

義務隨團的註冊護士Becky表示：「我認為無論同工、參加者及其家人均十分勇敢，對參加者而言，要離開熟悉的家，絕對要有極大勇氣，但亦是一個完成不可能任務的難得機會；對同工而言，在疫下計劃海外遊，過程中相信遇到不少困難和挫折。看到大家以共同目標並肩勇闖，我亦要身體力行支持，期望社會大眾明白到復康人士都能上山下海，要向他們作出鼓勵和幫助，提升正能量。」

Mr Man, a 60-year-old man, suffered from coordination disorder of limb and right-sided muscle spasm after a stroke about 3 years ago. He has to rely on family members for help in his daily living. In the past, he enjoyed driving around in Hong Kong with his wife and often visited their relatives in other countries. After the stroke, he has never thought of travelling to other countries. "He couldn't help feeling excited and overwhelmed, when he knew that he will be going to Australia. After the stroke, he has to use the wheelchair. He dare not go out alone or even get on a plane," said his wife. When asked if he is worried about any difficulties or inconvenience during the trip, Mr Man replied firmly, saying that "I am confident that I can overcome the challenges. I can go anywhere in the future!"

Nine "life fighters" will participate in the Australia trip. They are all wheelchair users with persisting spasm or contracture due to stroke, cerebral palsy, spinal cord injury or meningitis. Ms Tam, a senior occupational therapist responsible for this tour, said, "Thank you for God's guidance and the supply that far exceeds what we ask! Apart from the six accompanying family members, occupational therapists, therapy assistants, volunteer medical team will also escort the tour. In addition to the Community Chest's sponsorship, Cathay Pacific (CX) also makes special arrangements on ticketing and logistics, and Otto Bock Asia Pacific Ltd will offer advanced electric wheelchairs for participants to use for free during the trip. It is the concerted efforts and thorough planning of volunteers, occupational therapy students and departments of various organisations that made the trip happen, and that the participants and their family members can be rest assured about the trip."



透過參與「舒筋樂活新里程」計劃的活動，文生願意一步一步重踏社區，展開自在人生。

After participating in the ReLive Project, Mr Man returns to the community gradually and lives a happy life.

Mr Andy Wong, General Manager Corporate Affairs at CX, said, "As Hong Kong's home airline, Cathay cares deeply about our customers, our people and the wider communities in Hong Kong and across the world. The ReLive Project is an innovative clinical rehabilitation programme aiming to help a group of people with physical disabilities live a proactive and meaningful life once again. This mission echoes with Cathay's community engagement strategy to provide positive changes and support those in need by investing in projects to help promoting strong societies."

Dr Edward Sitt, a specialist in Cardiology, will accompany the participants under the arrangement of MSI Professional Services. Knowing that rehabilitated persons often face prejudice resulting in low self-esteem, he determined to join the trip without a second thought. He confessed that "I believe the Australia trip will bring brand-new experiences to the participants. I hope they will also enjoy and feel safe with my company. The experiences gained therein will duly elevate their problem-solving abilities, enabling them to counter different challenges ahead." Apart from offering medical aid, Dr Sitt wished to be inspired by the stories of each participant, so that his clinical experience will be further enriched and become more meaningful.

Becky, another accompanying registered nurse, contended, "All the staff, participants, and their family members are brave enough to take part in the trip. To the participants, they have to build up their courage to leave their homes in exchange for a precious opportunity to

accomplish an 'impossible mission'. To the staff, they may come across many difficulties and setbacks amid travelling overseas under the pandemic. Recognising their common goal and concerted efforts to forge ahead and fly out of Hong Kong, I ought to render substantial support. It is hoped that members of the public will get to know that rehabilitated persons

can also enjoy outdoor activities, giving encouragement and assistance to them to boost their momentum."

去年舉辦的「帆船遊」，讓久未出海的成員接觸陽光與海灘，各人興奮不已。

Last year, participants were excited to navigate small sailboats and enjoyed the sunlight and beach that they missed so much.



瀏覽本會Facebook「靈實心靈」網頁，重溫澳洲之旅的難忘片段。
Visit the HOHCS Facebook to recap memorable footage of the Australia trip.



《火鳳凰》魔幻戲曲音樂劇 基督教靈實協會慈善專場 HOHCS Charity Musical “The Legend of the Firebird”

靈實與錦昇輝粵劇團攜手舉行的慈善戲曲魔幻音樂劇《火鳳凰》，於8月6日在西九文化區戲曲中心大劇院順利完成。

表演糅合傳統藝術與新穎概念，製作團隊採用了3D立體投影等高科技技術，及加入不少流行曲，並由衛駿輝、龍貫天及梁兆明等一眾粵劇名伶傾力演出。為觀眾送上歡樂。

今次慈善專場為靈實十年基建發展「築動生命全方位關顧計劃」籌募經費，藉發展基建，為社區帶來關顧身心社靈的醫療及社會服務，以生命改變生命。

The charity musical “The Legend of the Firebird”, which was jointly organised by Haven of Hope Christian Service (HOHCS)

and Kam Sing Fai Cantonese Opera, was successfully held at the Grand Theatre of Xiqu Centre, West Kowloon Cultural District on 6 August. All service users, supporters and volunteers of HOHCS enjoyed the show very much.

表演糅合傳統藝術與新穎概念，製作團隊採用了3D立體投影等高科技技術。
Combining the traditional art and modern concept, the production team has adopted advanced technology such as stereoscopic 3D projection to the performance.



義工美儀獻花給林正財醫生致謝。

Mei Yee, the volunteer, is presenting a bouquet of flowers to Dr Lam Ching-choi.



The production team has integrated the traditional art and new technology such as stereoscopic 3D projection and pop songs to this performance. And the opera was well performed by some famous Cantonese opera artists like Ms Wai Chun-fai, Mr Loong Koon-tin and Mr Leung Siu-ming; who brought lots of cheers to the audience.

Last but not the least, this charity show was especially organised to raise funds for the capital development of HOHCS, as in the 10 year development project - “The Haven Project”, a life-impacting-life initiative adhering to the spirit of holistic care. The project aims to address the needs of healthcare services in the community integrating many factors such as the physical, mental, spiritual and societal aspects through medical-social service collaboration.

靈實醫院信望愛樓復康花園 — 「信望愛園」 Trinity Garden

靈實醫院信望愛樓於今年6月正式開幕，不知道大家有沒有去過位於5樓的復康花園「信望愛園」呢？信望愛園一大特色，是牆身設有5幅分別以「緬懷」及「生命回顧」為主題的馬賽克畫，透過展示香港地道文化、生態及香港景色，帶出靈實與社區的連結。大家不難在畫中發現靈實的蹤跡，靈實在香港扎根快70年，經歷高低起伏、四季交替，亦和香港同行，一起成長。

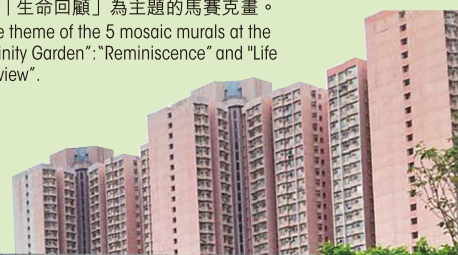
另外，花園除了設有一般供復康訓練用的階級和斜坡外，更種植不同品種的花果樹。病人到花園進行復康訓練時，這些花卉及果實無疑讓病人感覺到無限生命力，為他們帶來希望，陪伴他們走過治療的歲月。

“Trinity Garden” – a rehabilitation garden at the Trinity Block of Haven of Hope Hospital was officially opened in June this year. Have you ever visited the “Trinity Garden” on the 5th floor of the Trinity Block? Let’s tour around! The Garden is furnished with 5 mosaic murals, themed “Reminiscence” and “Life Review”, showcasing typical Hong Kong culture, landscape and scenery; and displaying the subtle connection between HOHCS and the community. Literally you may track the footprints of HOHCS from the murals. In a nutshell, being established in Hong Kong for almost 7 decades, HOHCS

ebbs and flows like seasons, strives and grows together with Hong Kong, always.

In addition, the Garden is renovated with a flight of stairs and some slopes specially designed for rehabilitation training. Besides, a wide variety of fruit and flowering trees have been planted to add vigour and hope to the patients during their treatment journey.

信望愛園的牆身設有5幅分別以「緬懷」及「生命回顧」為主題的馬賽克畫。
The theme of the 5 mosaic murals at the “Trinity Garden”: “Reminiscence” and “Life Review”.



「活在恩光」— 40週年校慶感恩崇拜

"Striving in Grace" — Thanksgiving celebration and worship service for the 40th Anniversary of Haven of Hope Sunnyside School

學生感恩崇拜在6月17日舉行，同工、學生、家長一起感恩及紀念靈實恩光學校40週年校慶。活動以「感恩」為主題，透過音樂敬拜活動，大家齊聲歌頌讚美上帝，學習以感恩的心，感謝及欣賞身邊的人和事物。一群活力充沛的音樂治療師入班與學生們載歌載舞。

老師們透過摩西分隔紅海的聖經故事，以互動的遊戲和手工製作，讓學生栩栩如生地經歷紅海如何由中間分開，讓學生留下深刻印象。老師和家長又陪伴學生分享詩歌和祈禱，體驗上帝的保守。

另外，學校於7月23日舉行了「活在恩光」40週年校慶線上感恩崇拜，先由靈實董事會主席關繼祖教授致歡迎辭、靈實榮譽靈性關顧主管何志滌牧師祈禱、靈實司務道寧養院院長梁智達醫生與我們分享感恩見證。期間恩光敬拜隊以詩歌敬拜，播放了「活在恩光 我感恩」短片及校慶精華片段，最後由蔡奕玲校長感謝作結。願神繼續看顧恩光，帥領學校走過高山低谷。

The students' worship service was held on 17th June when the staff, students and parents joined in unison to celebrate the 40th anniversary of Haven of Hope Sunnyside School. They learnt to praise and worship God through music and singing hymns. In parallel, they acquired the power of "gratitude" through expressing a heartfelt appreciation to people and things in the vicinity. A group of



開心大合照
A Happy Group Photo



我要過紅海啦！
I am going to pass through the "Red Sea"!

energetic music therapists also joined the school children to sing and dance during the worship service.

Besides, the teachers shared the biblical story of "Moses Parting the Red Sea". Students were taught to play interactive games and make handcrafts. They also sang hymns and prayed together. Through this session, they learnt about God's protection and provisions.

Moreover, Haven of Hope Sunnyside School also launched a virtual worship service: "Striving in Grace" to celebrate its 40th Anniversary on 23rd of July. Professor Kwan Kai-cho Joseph, Chairman of the Board of Directors started the service with a welcome speech; followed by a prayer of Rev Peter Ho Chi-dik, Honorary Head of Spiritual Care. Afterwards, Dr Antony Leung, Medical Superintendent of Haven of Hope Sister Annie Skau Holistic Care Centre shared a testimony of gratitude. In between, the Worship Team sang hymns; and then a short video was shown together with the anniversary highlights about the Haven of Hope Sunnyside School. Finally, Ms Cosette Choi, Principal of the School, closed the ceremony. May God continue to bless and guide the School through its ups and downs.

恩光學校已40歲了。
"Happy 40th-Birthday" to Haven of Hope Sunnyside School



砥礪同行，一起成長

Forge Ahead and Grow Together with Perseverance

趙宗義律師說：「上帝在任何一個時段都未曾離開我，祂為我編排人生當行的道路，甚至在我還不知道祂存在的時候，祂已經數算我的頭髮。」

"God never leaves me alone at any time. He arranges the appropriate road for me to walk through in my lifetime, and counts every hair of my head even when I have yet to know about his existence," said lawyer Mr Chiu Chung-ye, Charles.

趙律師是靈實董事會前主席及現任董事，自1990年起加入靈實，至今已踏入第33個年頭，2009年至2015年期間出任靈實董事會主席，帶領靈實發展，因此，靈實在他的生命中佔據很重要的席位，他感恩在過去的歲月，歷任董事及同事們不畏艱辛，並肩同行，如同雲彩般的見證人圍繞着他，一起在信仰中成長。

因着一宗「官司」與靈實結緣

趙律師分享神藉着他接手一宗「官司」，從此與靈實結下不解之緣。他憶起有一天黃昏駕車抵達當年還是荒野的靈實臺處理這宗案件，下車後，他獨自站在舊行政大樓外，對望着灑滿金黃色的夕陽餘暉的大片草地，心中湧現出莫名的感受，感到很平安，很喜樂，很歡欣，相隔33年，他從未有一天忘記這感受，並且深信靈實正是蒙神祝福之地。這種感受，如同司務道教士在《荒原上》提及她曾於1954年踏足同一片平地，並好像看見許多充滿喜樂的生命，聽見不絕於耳的頌讚，同出一轍。

上帝的預備超過人的所想所求

趙律師坦言過去與同工共同經歷很多神蹟奇事，見證靈實由300呎的診所，提籃醫病、到療養院、再到醫院，更不簡單是將軍澳的高速發展，禾場可以發展到這樣大，昨日的海灣成為今天的新市鎮，如同身處其中的同工，目睹一年又一年的改變，真實的感覺真是好震撼。2003年更是靈實高速發展的一年，那年的大型基建包括重建靈實醫院及靈實恩光學校、興建靈實護養院及靈實胡平頤養院、以及成立各類服務，靈實甚至走出將軍澳區，將服務逐步延伸至其他地區。

經歷兩個異象

最初是為一個觸動而加入靈實，但能夠堅持服務33年，與靈實持守以基督為核心的服務原則及擴展福音事工使命有着莫大的關係，當中他更經歷了兩個異象：

1) 「異象2000」願景 (Vision 2000) (1996年 – 2003年)

在聶錦勳博士帶領下，靈實研究土地發展，當時的靈實只有很少服務，財政亦很緊拙，最大的政府資助項目就是靈實醫院，因此「異象2000」願景銳意發展非資助服務，特別是長者住宿照顧服務，減少對政府資助的依賴，曾經和各董事們走訪本地及不同國家的長者村，積極研究發展方案。

2) 「異象2010」願景 (Vision 2010) (2003年 – 2010年)

為了繼續發展，靈實隨即推動「異象2010」願景，當中談到異象禱詞 (Vision Prayer)、使命 (Mission) 及靈實精神 (Core Values)，簡稱「VMV」，從此以後，靈實所有新服務都包含傳揚福音的元素，擴張上帝的國度。趙律師很欣賞靈實的異象禱詞，着重「並肩服事及成長」，確實有經歷才有成長，他感恩與同工一起在主愛中成長實在是他人生的至寶。

順服神的計劃，事業蒙神祝福

2003年趙律師失去了一手創立的律師行，當時他不知所爾，過後才明白沒有結束，就不會有新的開始，所說的正是由2003年起出任監護委員會主席，最初接任時面對很大的挑戰，要保護包括精神病人、失智的長者、智障人士等最弱小和無助者，但

當時的法制尚未完善，幸好神早有預備，讓他於1996年到澳洲進修，學習心理學、談判、調解、仲裁等技巧，為艱巨的工作鋪路，一直服務至18年後的2021年，深信上帝在祂預定的時間，才讓趙律師退休。

神的恩典沒有離開我

「行公義，好憐憫，存謙卑的心與你的神同行」（彌迦書 6:8），趙律師回想「神的恩典沒有離開我，使我繼續有力量去作工。當我能夠真正幫到一些受壓迫、饑餓的人，神會引導我，使我心滿意足，在好困難的情況下，神的恩典不但沒有離開，反而與日俱增，令我有力，甚至滿溢。」趙律師的經歷就是一個以生命改變生命的故事。

盼望

趙律師還有未完的話，他盼望上帝繼續保守靈實，實踐「異象2030」願景 (Vision 2030)，打開同工的眼目，看到上帝的無限權能和榮耀，以及無可測度的榮光，讓神蹟奇事不斷發生，繼續一起成長，活出信仰。

行政總裁林正財頒授長期服務獎予趙宗義律師（圖左）。
Dr Lam Ching-choi, Chief Executive Officer confers the Long Service Award to Mr Chiu (left).



Mr Chiu is one of the Board Directors of Haven of Hope Christian Service (HOHCS) and he was formerly the Chairman of the Board. It has been about 33 years since he joined HOHCS in 1990. From 2009 to 2015, Mr Chiu had been the Chairman of the Board, steering HOHCS's development for these years. Hence, he deems HOHCS as significantly important to his life. He is so grateful to have the companion and unwavering support by former directors and colleagues in the past years. They grew together with faith and witnessed God's grace.

It All Starts with a Lawsuit

Mr Chiu shared that his ties with HOHCS began with the handling of a lawsuit relating to HOHCS, which he deemed as "assigned" by God. He recalled that one evening he drove to the Haven of Hope Terrace – still a barren upland at that time, to handle the court case. When he got off, he stood in front of the old administration building. What caught his eyes was the sunlit grassland shrouded in gold colour. A strange feeling struck him with a sense of peace, making him so joyful that he could hardly forget this memorable feeling in these 33 years. He truly believed that HOHCS is a place blessed by God. This feeling is just the same as what Sister Annie Skau mentioned in the book "On the Barren Upland" that she stepped on the same plateau in 1954, where she also felt like seeing many happy lives and hearing glorious sound.

God's Preparation Goes Beyond Our Expectation

Mr Chiu confessed that he has experienced numerous testimonies with his co-workers, having witnessed the expansion of HOHCS from a 300sq. ft. small clinic to the sanatorium and hospital, in addition to the exceptionally rapid development of Tseung Kwan O from a bay to nowadays a new town. He and his co-workers are really impressed by all these year-to-year changes. Particularly, 2003 was a remarkable year as HOHCS reached its peak of development with the launch of several large-scale infrastructure projects, including the reconstruction of the Haven of Hope Hospital and

the Haven of Hope Sunnyside School, as well as the building of the Haven of Hope Nursing Home and the Woo Ping Care & Attention Home, plus the provision of various types of services. And even HOHCS is based Tseung Kwan O, the organisation gradually extended its reach of services to other districts.

Undergoing Two "Vision" Projects

At first, it was the touching feeling that motivated Mr Chiu to join HOHCS. Yet, it was also HOHCS's long-standing Christ-centred principle and the mission of promoting evangelistic work that have convinced him to continue serving the organisation for 33 years. Throughout the years of service, he has taken part in two "Vision" projects.

1) Vision 2000 (1996-2003)

Led by Dr Nip Kam Fan, HOHCS spearheaded a study on land development. At that time, HOHCS lacked capital resources and could only provide limited services. The majority of government subsidy was allocated to Haven of Hope Hospital. Hence, "Vision 2000" set sights on developing non-subservent services, particularly residential elderly care services, in a bid to reduce reliance on the government subsidies. He and some other Directors even visited the so-called "Elderly Villages" in Hong Kong and other countries to proactively explore future development plans.

2) Vision 2010 (2003-2010)

For the sake of sustainable development, HOHCS launched the "Vision 2010", which focused on "VMV", that is, "Vision Prayer", "Mission" and "Core Values". Since then, HOHCS incorporates the element of evangelism in all new services to advocate God's holy kingdom. Mr Chiu particularly praised highly the "Vision Prayer" which attaches importance to "serving and growing together". He realised that only by gaining experience can accomplish growth. He was truly grateful to have grown together with his co-workers in God's love and deemed it as a precious moment of his life.

Obedience to God's Plan; God Blesses His Career

In 2003, Mr Chiu suffered from the closure of the law firm founded by himself, and was hesitant about what to do. Later, he understood that "there is no end, there is no beginning" as he then assumed Chairman of the Guardianship Board, starting from 2003. Given the absence of a sound legal system at that time, he encountered enormous challenges as to protecting the underprivileged and helpless groups, such as mentally disabled patients, dementia elderly and intellectually challenged persons. Fortunately, everything was well-prepared by God. In 1996, he got a chance to further his studies in Australia, where he acquired the knowledge and tactics in psychology, negotiations, reconciliation, and arbitration, paving the road for tackling the formidable tasks ahead. Having served in the Guardianship Board for 18 years, Mr Chiu retired in 2021, at a right time that he deemed as under God's schedule.

God's Grace Never Leaves Us

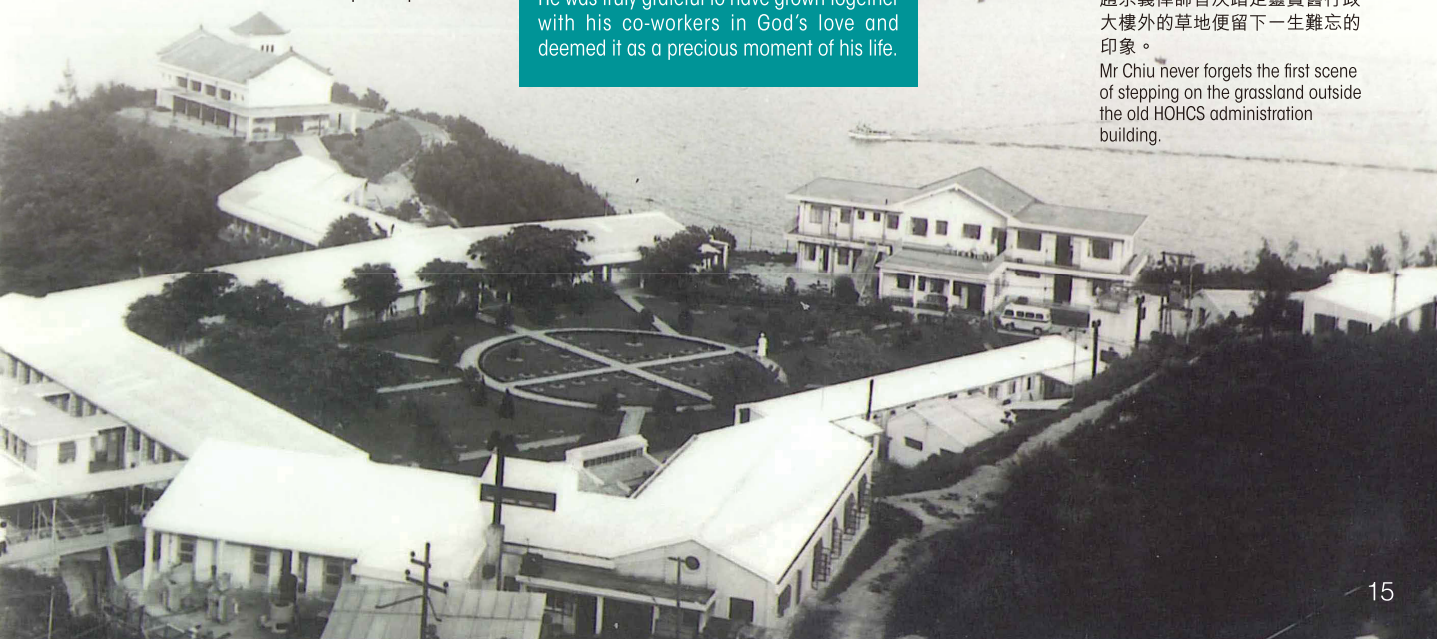
"To act justly and to love mercy and to walk humbly with your God," (Micah 6:6-8). Mr Chiu said, "God's grace always stays with me, empowering me to continue my work. Whenever I offer aid to those being suppressed or starving, God will guide me through and make me feel content. Even in the event of hardship, God's grace never leaves me. Rather, I can feel the ever-increasing grace, which sufficiently boosts my momentum." Mr Chiu's experience is indeed a life changing story.

Hope in God

Mr Chiu continued that he wishes God will continue to safeguard HOHCS, enabling it to give into full play the "Vision 2030" and have its staff open their eyes to see God's infinite might and everlasting glory. The continuous performance of God's miracles will also allow them to grow together and live a faithful life.

趙宗義律師首次踏足靈實舊行政大樓外的草地便留下一生難忘的印象。

Mr Chiu never forgets the first scene of stepping on the grassland outside the old HOHCS administration building.



協助返家的院舍護理人員

Nursing Staff of Elderly Homes Help Achieve "Ageing in Place"



袁麗華(穿黑衣者)希望達成長者返回家中安老的心願。
Ms Eva Yuen (wearing black) hopes to accomplish the elders' wish of "ageing in place".

在一般人的印象之中，安老院舍護理人員的工作就是照顧長者日常生活，包括餵食、換尿片、扶抱、導尿管護理等。不過，如果可以突破固有的思維，看法便不一樣。有許多長者其實不想長期插胃喉、揸尿袋，在院舍接受長期照顧，而是希望可以回家頤養天年。有豐富護理經驗的袁麗華為協助長者達成這心願，積極在院舍加強長者的復康訓練和護理，以提升長者的自理能力，使他們可以實現居家安老。

自2003年加入基督教靈實協會後，袁麗華先後在不同長者院舍工作，她現時是靈實胡平頤養院（下稱胡平）的院長。她接觸和處理的個案不計其數，成功從院舍返家的個案最讓她感動。她表示，胡平曾為一名男院友提供循序漸進的訓練，他最初入住時要完全卧床，到離開時可以自己進食和重新站立，使用助行架慢步而行，前後僅一年時間便可以返家，袁麗華為這個案感到驚歎不已。另外，為了

協助一名男院友回家，胡平曾用四星期特訓一名外傭照顧者，從協助長者轉身開始，到用胃喉餵食，由淺入深教導照顧長者的各種技巧，讓家人可以接他回家照顧

把復康活動融入日常生活

袁麗華不建議長者長時間卧床，胡平原本已為長者提供各項復康照顧，如果長者有復康的能力和回家的意願，便會積極加強復康護理。胡平透過訓練吞嚥能力，曾協助不少長者移除胃喉，而令她感到自豪欣慰的是，經胡平同工的共同努力，許多原本無法自理小便的長者可以移除尿喉，成功率曾高達九成，更有長者慕名而來。她說：「長者每天做物理治療的時間有限，但如果能夠把復康活動融入他們的日常生活之中，例如為一些不能自行去廁所的長者提供協助，鼓勵和輔助他們步行去廁所，可訓練到他們的活動能力，同時也提升他們的康復機會。」

許多行動不便的長者，由於肌肉力量不足，難以安全地坐到廁板上，他們如廁後想單憑個人力量站起來也十分吃力，但為免尷尬，他們普遍不願意找護理人員幫忙。胡平因此引入自動升降坐廁，幫助長者自己坐下或站起來，他們如廁不用再向他人求助，從而加強他們的自信心，使他們復康的機會大增。袁麗華希望胡平日後可以添置一款長者學行車，使長者做步行訓練時不容易跌倒，他們疲倦時又可隨時以坐下，他們可自由、自主地練習步行，這樣有助他們的康復。

科技器材固然重要，但也需要有人性化的照顧。袁麗華指出，照顧長者要有耐性，舉例說，每次聽到他們說同一番話，反應仍然要好像是第一次聽到時一樣。另外，長者有自己生活智慧，護理人員要盡可能接納長者的想法和生活習慣，加以靈活處理，這樣在照顧長者時會更加得心應手，長者也會更加高興和易於接受。為了讓長者在院舍內有在家的感覺，由他們開始入住胡平起，職員便會了解他們的生活細節，例如喜歡寧靜、習慣遲起床、愛喝咖啡等個人喜好，並盡量作出安排，讓長者住得開心，他們的家人也因而放心。

引入自動升降坐廁，提升長的自信心，使長者復康返家的機會大增。

The introduction of toilet lift helps enhance the elders' self-confidence and greatly increase the chance of "ageing in place".



When it comes to the duties of nursing staff, it is often associated with taking care of the daily lives of elderly, such as feeding, changing diapers, assistance in lifting, and the use of urinary catheter. Yet, we can push the boundaries beyond and see things from different perspectives. In fact, many elders are reluctant to have gastrostomy tubes or urine bags with them at all times. Also, instead of staying in the elderly homes, they would prefer staying in their homes and "ageing in place". To accomplish the elders' wish, Ms Eva Yuen, a veteran nursing professional, proactively strengthens elderly rehabilitation and healthcare services, helping them enhance their self-care ability, so that they can achieve "ageing in place".

Since joining Haven of Hope Christian Service (HOHCS) in 2003, Eva had been working in various elderly homes and is currently the home manager of the Haven of Hope Woo Ping Care & Attention Home (thereafter referred to as "Woo Ping"). Among the numerous cases that she had handled, the most impressive and touching one was about helping a male resident get back home after receiving progressive trainings. She recalled that when the resident was first admitted to Woo Ping, he remained incapacitated and bedridden. Amazingly, when he was discharged from the elderly home, he could feed himself, stand up again and even walk slowly using the walker frame. What surprised Eva was that it merely took a year for him to get back home. Besides, she remembered that there was another case of helping a male resident return home. At that time, Woo Ping staff gave a four-week special training to a foreign domestic helper. She was taught the skills of taking care of the elder, from assistance in turning to using gastrostomy feeding tubes, so that the resident could leave and stay with his family with care at home.

Incorporating Rehabilitation Activities into Daily Lives

Eva opined that elders should not be bedridden for too long a time. Apart from various rehabilitation services available in Woo Ping, more proactive and intensive caring will be provided for the rehabilitated elders who are capable and eager to return home. Woo Ping provides trainings on swallowing ability and assists elders in getting rid of the gastrostomy tubes. With the concerted efforts of

Woo Ping staff, Eva was so proud and pleased to see elders stop using the urinary catheters at a success rate of 90%. There were non-resident elders who even come to Woo Ping for assistance in this regard. "Given that elders often have limited time to conduct physiotherapy, it is optimal to incorporate rehabilitation activities into their daily lives, such as providing toilet aids to immobile elders, encouraging and assisting them to go to toilet by themselves. It not only helps elevate their physical mobility, but also increases the chance of rehabilitation," said Eva.

Many immobile elders have difficulties in sitting on the toilet seat safely due to muscle weakness, also making them unable to stand up on their own after urinating or stooling. Very often, they are too embarrassed to seek assistance from nursing staff. Woo Ping then introduced a toilet lift to help elders sit down or stand up. Since they no longer have to seek "toilet assistance", the device helps strengthen their self-confidence and greatly improves rehabilitation. In future, Eva wishes to purchase a walker for seniors in Woo Ping to prevent elders from falling when having the ambulation trainings. They can also sit down when feeling tired, or flexibly taking the trainings on their own, which will be duly conducive to their rehabilitation.

While technology and equipment are crucial, personalised caring is equally essential. Eva attached importance to patience in taking

care of the elderly. For instance, whenever an elder repeatedly mentions the same thing, she would pretend as hearing it for the first time. Besides, nursing staff should bear in mind that elders have their own living wisdom, therefore they should try to accept their ways of thinking and living habits. Only by handling the elders with flexibility can



翻新後的胡平飯廳，佈置給予長者在家的感覺。
The renovated dining room in Woo Ping projects a sense of home to the elders.

nursing staff take care of them without difficulties and make them feel happy and content. In order to let the elders feel at home, nursing staff will try to understand the elders' lifestyle. Staff will try to take into consideration their likeness in their everyday lives e.g. some elders might like quiet and peaceful time; some will wake up late for coffee etc. Their aim is to help elders live a happy life and to reassure their family members that the elders are well-taken care of.



擴建後的胡平頤養院給人煥然一新的感覺。
A new look of Haven of Hope Woo Ping Care & Attention Home upon renovation.

彼此服事 改變生命變得更豐盛

To Serve One another; to impact life and to live a fuller life.

來到下半年，又是一年一度靈實耆樂餅義賣籌款的季節。耆樂餅義賣活動為靈實非政府資助的長者服務籌集經費，至今已經有27年歷史。能夠維持多年，除了要感謝每位曾經購買耆樂餅的支持者，更要特別感謝一直支持靈實的宏利人壽保險(國際)有限公司，多年來陪伴我們，義務協助推廣耆樂餅，包括內部銷售，更派義工於公開義賣日協助攤位義賣，為有需要的社群出一分力，改變他們的生命。

Stepping into the second half of the year, it's time for Haven of Hope Christian Service (HOHCS) to launch the Qile Cake Charity Sale, which is one of HOHCS' annual fundraising event which has been sustaining its non-subsidized elderly services for 27 years. To achieve this, we would like to extend our gratitude to every single supporter who has ever bought the Qile Cake. We would like to give special thanks to our long-time corporate partner Manulife (International) Limited. For many years, their staff helped HOHCS to promote Qile Cake in different ways, including boosting sales internally and becoming volunteers on Open Sale Day. Over time, Manulife works hand in hand with HOHCS to contribute to the community as an active part, and impact life through giving help to the needy.

其中宏利百萬圓桌會員之一的陳喬基(Eric)，平日工作繁忙，忙碌中卻沒有發現，其實自己保險業的工作一直在幫助人。後來Eric開始接觸義工服務，一開始便不遺餘力，他曾親自駕車，將數十盒月餅交到義工手上，讓老人院的長者過一個溫暖的中秋節。而愛動物及生命的他在數年前在一個狗隻繁殖場遇見年老生病的小狗Don少，他對生命的熱愛令他最後將Don少帶回家，給他更好的照顧。Don少原本對人類缺乏信任，但在Eric的悉心照料下，慢慢變得健康活潑，更喜歡黏著Eric，寸步不離。

Eric Chan, one of the Manulife MDRT members, who is always busy with his work, did not realise before that his insurance job did help others. Notwithstanding, once he has started to volunteer, he becomes fully committed to helping others without a second thought. He once contributed to deliver dozens of tins of mooncakes to a volunteer who would give in-kind donation to a nursing home for the elderly; so that they would enjoy happily at the Mid-Autumn Festival. Being an animal-lover, Eric came across "Don Don" at a dog breeding farm years ago. It was love at first sight, so he decided to keep it as a pet and take care of it even though it was sick and old then. Since the adoption, Don Don radically changed from being aloof and lacking trust in human beings to being lively, healthy; and clingy to Eric.



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公開義賣日
Open Sale

義賣日期：2022年11月12及13日 (星期六及日)

時間：下午一時至六時

地點：全港、九、新界各大指定地點、商場及港鐵站

Date: 12 & 13 November 2022 (Sat & Sun)

Time: 1 pm to 6 pm

Venue: Selected Locations, Shopping Malls
and MTR stations



*圖片僅供參考，以實物為準

*Photos are for reference only and may differ from actual product

耆樂餅禮盒裝

Qile Cake Deluxe Pack

HK\$160盒/Box

設計精美的圓形皮帶手提禮盒裝，印有「花生家族全員」圖案，是送禮自用的好選擇。禮盒內附120毫升迷你真空保溫瓶乙個、奇華曲奇12件及Dilmah精選茶包2個。

The deluxe pack comes with a limited edition designed round box with a chic synthetic leather handle. It includes one 120ml vacuum insulated bottle together with 12 pieces of Kee Wah cookies and 2 packs of Dilmah tea bags.

耆樂餅普通裝

Qile Cake Regular Pack

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Eric發現，其實不單是他改變了Don少的生命，Don少的陪伴同時亦令他的生命更豐盛。他工作後希望盡快回家，仿佛成為了一個父親，肩負起照顧小朋友的責任，對家更有歸屬感。雖然Don少已經離開，但Eric並沒有停止對生命的愛與關懷，其後他亦領養了另一隻小狗Nick少。Nick少患有蟲病，體重過輕，但Eric對他不離不棄，感恩最近Nick少每次到獸醫診所覆診，體重都有輕微上升，雖然進展緩慢，但每一小步，對他們來說都是一大步。

Eric擔任靈實的企業義工多年，深深感受到靈實帶給他和一眾受惠者的平安和盼望，就如Don少和Nick少一樣，燃亮了他的人生，正如靈實其中一個願景，服務者和被服務者都可以有更加豐盛的生命。Eric今年也會和Nick少一起做義工賣耆樂餅，希望愈來愈多人認識靈實的服務和支持耆樂餅，將關懷帶給有需要的長者，為他們提供更好的服務。

很多長者一直面對生活、健康等種種挑戰，在艱難的當下更是百上加斤，靈實將繼續透過耆樂餅義賣為靈實非政府資助長者服務籌募經費，本年度的耆樂餅以美國家傳戶曉漫畫角色史諾比(Snoopy)為主角，以其愛心滿溢的形象傳遞在困境中堅守愛與關懷的訊息。盼望在大家的支持下，一眾長者生活得到改善、生命得到改變。

Nick少今年會同Eric一起宣傳耆樂餅。
This year Eric will volunteer to promote the Qile Cake Charity Sale with Nick Nick.



Eric在狗狗身上感受到支持和陪伴。
Eric feels the support and companionship of his dogs.

In return, Eric found his life changed through the adoption, too: Don Don seemed to make his life fuller and better. He often anticipated going home as soon as possible after work because of Don Don's attachment. Perhaps this triggered his innate caregiver's response as a father-to-a son; and fostered the sense of belonging to a family. Despite Don Don's departure, Eric has not stopped loving or caring for other lives. Some time later, he adopted a puppy, named "Nick Nick". Although it was underweight because of heartworms, Eric never thought of quitting or abandoning it. Until recently he felt even more grateful when Nick Nick gained weight bit by bit upon each vet visit. Though the progress may be a baby step only, it means a big move for this pair of "father-and-son".

Being a corporate volunteer of HOHCS for many years, Eric profoundly feels the serenity and hope that HOHCS has empowered him and the beneficiaries, alike, subtly resembles how Don Don and Nick Nick helped to reignite his life in the past. Similarly, this experience resonates with one of HOHCS' missions: it is hoped that the lives of those serving and being served can be mutually enriched in the process. This year, Eric will be volunteering to sell the Qile Cake with Nick Nick as in previous years. Hopefully, more people will learn HOHCS' services and support this Charity Sale. Together we deliver care, love and better services to the elderly in need.

Nowadays, many seniors constantly face challenges in daily life or health issues particularly in this difficult moment. HOHCS will continue to raise funds for the non-subsidized elderly services through the Qile Cake Charity Sale. This year, HOHCS has chosen Snoopy, the all American dog, as the character to promote the Qile Cake Charity Sale. Literally, it conveys its adhering message of love and care amidst the challenges. Hopefully, your support will improve the livelihood of the elders and eventually impact their lives as well.

蠔涌福利設施大樓第一階段改建完成 The First Phase of Reconstruction of Ho Chung Welfare Facilities Block Completed

前身為西貢中心小學的校舍原址，在不久的將來會規劃成一座全新的蠔涌福利設施大樓，匯聚合約安老院暨日間護理中心，及智障人士展能中心暨宿舍，基督教靈實協會負責營運當中服務。裝修工程正密鑼緊鼓進行，大樓外部整修工程已於8月完成，隨後緊接內部修葺工作，預料明年陸續啟用。大樓設計着重連結大自然，除了天台花園外，亦有各具特色及主題的「綠洲」，讓長者、智障學員在大自然的懷抱中進行各種休閒與訓練活動和園藝治療，舒展身心。

Ho Chung Welfare Facilities Block, formerly Sai Kung Central Primary School, will soon be converted into a brand-new social welfare complex. It will be an integration of a contract elderly home cum day care centre and an activity centre cum

hostel for the mentally challenged. Haven of Hope Christian Service (HOHCS) will be responsible for day-to-day operation and management. The whole revamp is in full swing with the redesigned theme

蠔涌福利設施大樓落成後將會提供長者及復康服務。

Upon completion of Ho Chung Welfare Facilities Block, it will provide different elderly and rehabilitation services.



emphasizing connection with the nature. This August, the exterior structural reconstruction was completed. Once the outside is done, it's time to work on the interior of the complex. Apart from the rooftop garden, there are unique and thematic "oases" for the seniors and mentally challenged students to conduct different leisure activities, sensory trainings, and horticulture therapies in a natural environment. This kind of environment will help them relax their minds and bodies.

全城健骼齊起動 社區骨骼健康計劃 Healthy Bones for All Ages

提到骨質疏鬆、骨骼脆弱、鈣質攝取量，大家是否以為這些只是長者需要面對的健康問題？一般來說，骨質於童年及青春期末迅速增長，在30多歲時達至頂峰，惟接近40歲時，骨質流失開始變得明顯。骨質疏鬆嚴重可引致骨折，若我們及早建立護骼意識，有助培養良好的飲食及運動習慣，為骨骼健康做好儲備。

承蒙西貢民政事務處的資助，基督教靈實協會於本年度繼續舉辦「全城健骼齊起動 社區骨骼健康計劃」，以「及早介入」的原則和「醫社合作」模式，並連結區內不同地區團體及學校，於西貢區內推行一系列健骼活動，冀提升不同年齡層人士對骨骼健康的認知，並透過實踐及參與不同運動種類，協助

小組教導如何做健肌健骼運動。

Learning how to build up skeletal muscle through small-group.



為居民提供骨質密度篩查和防跌風險評估。

Offering bone density screening and fall risk assessment for the resident.

居民建立健骼生活習慣。

本年度計劃已於7月展開，未來一年半將舉行不同形式的活動，包括擬於10月下旬舉行啟動禮暨關注日，作首個社區宣傳推廣。隨後有針對青少年及親子的運動計劃或比賽，有為中年至長者而設的骨質密度篩查和防跌風險評估，亦有教育長者強化骨骼及減低跌倒風險的運動班。居民可密切留意靈實社區健康發展中心所發放的最新資訊。

Do you tend to think that osteoporosis, weak bones, and calcium intake are common health problems for the elderly only? In general, most people have significant bone mass growth during their childhood and adolescence; and reach the peak around age 30. Then they gradually begin to

lose bone mass at around 40. Some severe osteoporosis may occur and result in bone fractures. Prevention is better than cure. Some precautions may be taken, such as a well-balanced diet and regular exercises, to strengthen bone health.

Funded by Sai Kung District Office, Haven of Hope Christian Service (HOHCS) strives to launch the "Healthy Bones for All Ages" programme this year. Adhering to the principles of "early intervention" and "medical-social collaboration", plus the partnership with different local organisations and schools, HOHCS will run a series of activities to promote healthy bones in Sai Kung District. Hopefully, the campaign will raise the residents' awareness towards strengthening their bones and building a healthy lifestyle.

This yearly programme has been rolled out since July. A wide variety of activities will be scheduled for the coming year and a half; including a kick-off ceremony cum Health Care Day to be launched in late October. Moreover, there are different sports programmes and competitions catered for both teenagers and families. In parallel, bone density test and fall risk screening will also be offered to the targeted age group ranging from middle-aged to seniors. Some relevant exercise classes will also be held for the elderly to strengthen their bones and reduce the risk of falling. Our beloved residents of Sai Kung, please stay tuned and check out the latest update from HOHCS Community Health Development Centre.

「富貴包」與中醫

“Dowager’s Hump” and Traditional Chinese Medicine (TCM)

曾梓冰中醫師

By Zhang Zi Bing, Traditional Chinese Medicine Practitioner

「富貴包」指後頸部，兩肩之間，頸椎與胸椎交接處出現向外凸出的包塊。這種情況由長期姿勢不良造成，如長期低頭工作或看手機，頭部傾前看電腦或靠在床頭看手機，導致頸胸椎承受過大壓力，交界處常年磨損而引致局部軟組織增生(如排列雜亂的纖維)和脂肪積聚，繼而形成「富貴包」。

從中醫角度來看，「富貴包」位處頸項，對應「大椎」穴。頭與胸背之間為頸，頸之後為項，頸項為手足三陽經及督脈之要道。長期用頸不當，頸項經脈氣血不通暢，導致該部位氣滯血瘀，邪氣內停(如痰濕之邪)，從而影響三陽經及督脈的運行與功能。據《靈樞》記載，手陽明經「上出於柱骨之會上」，手陽明之筋「從肩髃上頸」；手太陽經「繞肩胛，交肩上，入缺盆，絡心」，手太陽之筋「循頸，出走太陽之前」；手少陽經「上貫肘，循臑外，上肩」。

「富貴包」可導致手三陽經經脈受阻，氣血不通，從而出現肩頸痠痛、僵硬，頸項後伸活動受限，上肢麻痺、疼痛。此外，足太陽經「從顱入絡腦，還出別下項」；足少陽經「上抵頭角，下耳後，循頸」；督脈之別「挾脊上項，散頭中」。督脈「與太陽起於目內眥，上額交顱上，入絡腦，還出別下項」(《黃帝內經》)。故「富貴包」可導致頭部氣血不榮，而出現眩暈，頭痛，健忘等證候。嚴重者，會增加患頸椎病，高血壓以及心腦血管病的風險。「大椎」位於後正中線，當第七頸椎棘突之下，為督脈與三陽經之交會穴，有升陽，益氣，補虛之作用，若「大椎」受阻，甚則可引致全身陽氣及氣血不通暢。

對於「富貴包」的治療，針灸有助於疏通局部經絡氣血，理順包塊內的增生組織，故可在頸項取穴或圍刺治療。若兼夾痰濕瘀阻，可選用拔罐治療。若瘀血內阻較甚，可點刺放血或刺絡拔罐。推拿除了可以疏通局部氣血，還能調整頸胸椎，從而

舒緩痛楚。另外，適當按摩後側頸部，放鬆頸部肌肉，或透過伸展及強化肌肉運動也有助於改善「富貴包」問題。但「富貴包」的治療重點在於預防及改正日常生活中的不良姿勢，如應減少低頭看手機的頻率，用正確的坐姿使用電腦，行走時抬頭挺胸，睡覺時枕頭不可過高，應選用合適的枕頭以維持正常的頸椎曲度。

Dowager’s Hump or neck hump is an outward curvature of the thoracic vertebrae of the upper back. This is mainly caused by poor posture such as leaning forward to use the computer or using mobile phones in the bed for a prolonged time. They will weaken our upper back muscles; create excessive pressure on the cervical and thoracic spine; and wear out the soft tissues; thus resulting in localized fibrous hyperplasia (such as messy fibrous alignment) and fat accumulation as the “Dowager’s Hump”.

From TCM perspective, the “Dazhui” acupoint is anatomically located on the posterior aspect of the body, approximately at the shoulder level where the dowager’s hump would be formed. This is the part of the back neck or nape where the Three Yang Meridians of Hand and Foot and the Governor Vessel (du mai) pass through. Therefore, the improper use of the neck over a long time will conduce to the Qi blockage over the neck meridians. Similarly, blood stasis and formation of endogenous evils (such as the evil of phlegm-dampness) may be resulted. In another word, this inevitably hampers the flow of the Three Yang Meridians and the Governor Vessel. As written in the “Lingshu”, the hand Yangming meridian runs from the styloideum; and hand Yangming tendon runs upwards from the “jian ou” (at the shoulder) to the neck; the hand Taiyang meridian runs upwards along the posterior side of the forearm until it reaches the back of shoulder where it ends at the uppermost part of the back (the bottom of the neck); and enters the collar bone. Finally, it moves internally through the heart. The hand Taiyang tendon runs along the neck, and then leaves from the front Tai Yang meridian/tendon. Hand Shao Yang meridian goes along the back of the hand, wrist, forearm and up to the elbow and upper arm until it reaches the shoulder.

As mentioned before, since the “Dowager’s Hump” hinders free qi and blood circulations in the three arm yang meridians, it may result in sore and stiff

shoulders/neck, restriction in flexion of the back neck, paralysis and pain of the upper limbs. Furthermore, the foot Taiyang meridian enters the brain from the crown of the head while the foot Shaoyang meridian runs from the head, behind the ears, around the neck. And the branch of “Governor Vessel” spreads all over the head and back neck above the scapula. According to “The Huangdi’s Classic of Internal Medicine”, the Governor Vessel and Tai Yang start from the inner canthus of the eye, upward to the forehead and the crown; then enters the brain until it reaches the bottom of the neck. In another word, the dowager’s hump will also hinder the smooth flow of qi and blood over the head; thus resulting in dizziness, headache, forgetfulness and other symptoms. For some severe cases, it may even increase the risk of cervical spondylosis, hypertension and cardiovascular and cerebrovascular diseases. “Dazhui” is anatomically located on the posterior midline of the body, in the depression below the spinous process of the seventh cervical vertebrae; where the Governor Vessel and Sanyang Meridians meet. This is the channel responsible for enhancing all the Yang Qi and replenishing the deficiency. Likewise, if it is blocked, then all the Qi and blood circulations in the yang meridians over the whole body will be interrupted.

For the treatment of the dowager’s hump, the acupoint on the neck is an excellent point to apply acupuncture or needles so as to remove the blockage in the meridians; to improve the qi and blood flow; and then to reduce the fats accumulated forming the neck hump. Similarly, if it is caused by excessive phlegm-dampness, it can be cupped. As for excessive blood stasis, either bloodletting or cupping may be used. Moreover, the therapeutic massage of the back neck not only accelerates the qi and blood flow at that location; it also relieves the tightness and soreness of the muscles; and helps regulate the cervical-thoracic spine. In parallel, stretching helps increase flexibility, strengthens the muscles, and reduces stress and body aches alike. Bad posture may be a major cause of forming a neck hump. Prevention is always better than cure. So here comes some advice; such as to avoid looking at the cellphone, laptop or tablet by bending the neck forward for a prolonged period; sit up straight when using the computer; keep the head up and straighten the back when walking. Also use a pillow that supports the head at a comfortable level and keep the cervical spine in the natural curvature.

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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.
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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.

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Donor's personal data will only be used by HOHCS for passing information and fundraising work. Donors who don't want to receive our information or want to change their personal data, please contact our Communications and Resource Development Department at 2703 3284 or email to privacy@hohcs.org.hk.

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