

靈感 HAVEN OF HOPE NEWS 2023

關懷 創新 共享快活樂齡生活
ENJOY HAPPY AGEING WITH CARE
& INNOVATION



專題：軟餐重拾回憶的味道
FEATURE: SOFT MEALS REIGNITING
MEMORIES OF TASTE

改變生命的故事：愛心傳餽
IMPACTING LIFE STORY:
FOOD PACK WITH LOVE



基督教
靈實
協會

HAVEN
OF HOPE
CHRISTIAN SERVICE

尊重生命 • 改變生命

CONTENTS

2023 ISSUE 111

HAVEN OF HOPE NEWS

主題：關懷 創新 共享快活樂齡生活

Theme: Enjoy Happy Ageing with
Care & Innovation

4-7

專題：軟餐重拾回憶味道 長者吃得樂也融融

Feature: Soft Meals reigniting Memories of Taste.
Happy & Joyous eating for the elderly.

8-9

改變生命的故事：愛心傳遞

39元鮮菜包改變長者生命

Impacting Life Story: Food Pack with Love.
Changing Lives of Elderly with
a 39-dollar Fresh Food Package.

10-11

尊重生命 Blog

Respecting Life Blog

12-13

一行一故事

Tell Us Your Story

14-15

您的支持帶來改變

You Can Change the World

16-17

最新消息

What's New

18-21

健康知多少？

Health Tips

22

《靈感》電子版

HAVEN OF HOPE NEWS Digital Version

https://www.hohcs.org.hk/content_72.html



根據《公司條例》(第622章)，基督教靈實協會為一所擔保有限公司。
Haven of Hope Christian Service is a company limited by guarantee under
the Companies Ordinance (Cap.622).

編委會名譽會員

Editorial Board Honorary Member

何志滌
梁智達

Rev Peter Ho
Dr Antony Leung

編委會 Editorial Board

鄭頌顯 Leo Cheng
蔡慧嫻 Mary Choy
鍾海萍 Maggie Chung
何少珊 Susan Ho
葉嘉儀 Amy Ip
林君賢 Rex Lam
廖慧欣 Fanny Liu
麥文浩 Michael Mak
黃少清 Joanne Wong
余佩儀 Rev Esther Yu

依姓氏英文字母順序排列

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.

地址 Address

香港新界將軍澳靈實路7號

7 Haven of Hope Road, Tseung Kwan O, N.T.,
Hong Kong

網址 Website

www.hohcs.org.hk

電郵 Email

info@hohcs.org.hk

服務查詢熱線 Service Enquiry Hotline

2701 9019

義工及捐款熱線 Volunteer & Donation Hotline

2703 3284

本刊所有文章版權屬基督教靈實協會所有。

歡迎引用或轉載，唯需事前徵詢本機構同意。

All published materials are under copyright protection.
Permission must be obtained from Haven of Hope
Christian Service for the reproduction of the contents.



WORDS FROM CEO

行政總裁的話

親愛的靈感讀者：

香港65歲以上長者人口已經貼近總人口兩成，即將成為「超高齡社會」，安老成為其中一個最迫切的社會課題。雖然大部分長者都在社區生活，但需要安老院舍服務的長者也有許多。每當提及安老院舍，公眾的腦海便浮現出「刻板、人手不足、擠逼、環境惡劣」等不良印象。不過，隨著護理知識和技巧的提升，並配合樂齡科技的運用，新式院舍已經一洗以往的形象，在這些院舍甚至可以坐在輪椅上打鞦韆，安享晚年也可以快活自在。

在僧多粥少的情況下，安老院舍宿位一直供不應求。基督教靈實協會（下稱靈實）緊貼社會的需要而不斷擴展，在推動機構十年基建發展項目「築動生命全方位關顧計劃」當中，就包括了靈實胡平頤養院的擴建，而工程將在今年內完成，連同在今年開始投入服務的靈實蠔涌頤養院暨長者日間護理中心，合共新增超過二百個安老宿位和日間中心名額，可大大提升我們對社會的承擔。

靈實持守「尊重生命・改變生命」的服務精神，明白到長者的成長背景、教育程度、人生閱歷，健康狀況各有不同、為了尊重長者的不同需要，所以推出多元化的安老院舍服務。專業醫護團隊不僅為希望在院舍頤養天年的長者提供長期住宿護理服務，也會為其他有需要的長者提供社區短期照顧或復康服務，讓他們可以早日居家安老，長者可因應自己的情況和需要選擇合心意的服務。

除了安老住宿服務外，靈實也關顧到長者在吃方面的需要，社企團隊致力為有吞嚥困難的長者設計高質素的軟餐，供應到機構的院舍和地區長者中心，讓他們重拾飲食的樂趣，改善他們的生活質素。另外，「愛心傳遞計劃」則透過我們的地區長者服務中心，向在社區生活的弱勢長者派發新鮮餸菜包，既可支援他們，也加強他們與社區的連繫，不致成為隱蔽長者。我們冀望繼續以關懷、專業和進取的精神向長者提供不同服務，使他們的生命可以更豐盛精彩。

行政總裁
林正財醫生



Dear Haven of Hope Supporters,

Hong Kong's elderly population aged 65 and above has reached nearly 20% of the total population, soon, it will become a "super aged society" where elderly care will be one of the most pressing issues. Although most of our elderly live in the community, there are also many who need residential nursing care. Whenever we mentioned elderly nursing homes, negative impressions such as "rigid, understaff, over-crowded, poor environment, etc." would come to the public's mind. However, with the improvement of nursing knowledge and skills, along with the application of gerontechnology, new model of nursing homes is changing its old image. In these nursing homes, you can even sit in a "wheel-chair swing" and enjoy your old age happily.

Due to overwhelming demand, there has been a severe shortage in elderly residential nursing homes. Therefore, Haven of Hope Christian Service (hereinafter referred to as Haven of Hope) continues to expand in line with the needs of the society. When we launched "The Haven Project", our 10-year capital development plan, it included the expansion of Haven of Hope Woo Ping Care & Attention Home, which would be completed this year. Further, Haven of Hope Ho Chung Elderly Home cum Day Care Centre for the elderly shall commence operations earlier this year and has over 200 quotas of residential and day care beds for the elderly. This goes to show our further commitment to the society.

At Haven of Hope, we adhere to our principle of "Respecting Life • Impacting Life." We respect and recognize that every elderly has different background, upbringing, education level, life experience, health status, etc. Therefore, we launched a variety of home care services to cater to their different needs. Our professional medical team not only provides long-term residential care services but also short-term community care or rehabilitation services for any elderly in need so that they can returned as soon as possible to the comforts of their home. Every elderly can choose the types of services according to their circumstances and preferences.

Apart from providing elderly residential care services, we also look after the food they consumed. Our social enterprise team is fully committed to design high-quality soft meals for elders with dysphagia and supplying them to nursing homes and district elderly centres so that they can regain the joy of eating and improve the quality of their lives. Additionally, we also have our "Food Pack with Love" charity programme where fresh grocery packages are distributed to underprivileged elders living in the community through our District Elderly Community centre. Hopefully it will provide some support while strengthening their connections within the community so that they do not become 'hidden elderly'.

We strive to continue our different services for the elderly with a caring, professional, and enterprising spirit so that their lives can be richer and happier.

Dr Lam Ching-choi
Chief Executive Officer

關懷 創新 共享快活樂齡生活

Enjoy Happy Ageing with Care & Innovation

勞碌大半輩子，只為能好好安享晚年，擁有快活豐盛的樂齡生活，鳥語花香的居住環境，細心關懷的護理，以及科技化的設施，都是邁向美好樂齡人生的重要元素。為了讓年長者好好度過銀髮之時，靈實一直進步，照顧社會上長者的不同需要，不但把院舍進行擴建及裝修，加入樂齡科技設備，甚至打破大眾對安老院舍的印象，靈實於西貢蠔涌建立毗鄰大自然的安老院舍，冀能讓長者感受不一樣的安老服務。

We worked hard most of our lives just to be able to enjoy a comfortable retirement and have a happy and prosperous old age. Living in an idyllic environment, having access to attentive care and technological facilities are all important elements towards happy ageing. For the elderly to enjoy their "silver haired" days, Haven of Hope has made good progress on how to provide better care for their different needs in the society. Not only were our nursing homes renovated and expanded, gerontechnology equipment were also added, breaking public's perception of an elderly residential care and nursing home. Most recently, Haven of Hope has redeveloped a residential care home close to the nature for the elderly, in Ho Chung, Sai Kung, providing a different kind of elderly care experiences and services.



位於西貢蠔涌的蠔涌福利設施大樓，設有集頤養院暨長者日間護理中心，以及服務智障人士的靈實蠔涌日間活動中心暨宿舍，預計於本年7月起陸續啟用。
Located in Ho Chung, Sai Kung, Ho Chung Welfare Facilities Block integrates a nursing home cum day care centre for the elderly, and Haven of Hope Ho Chung Day Activity Centre cum Hostel for the mentally handicapped. It is expected to be operational from July this year.

專業照顧用心關懷 樂齡科技展貼心

快活的樂齡生活，由關懷開始。已服務二十四年的靈實胡平頤養院（下稱胡平），現正進行擴建及裝修，院舍床位由一百八十個增至最高二百八十七個，盼可為更多長者提供社區短期照顧、長期住宿及特別護理服務，同時設有個人化服務，透過各種訓練來提升長者的個人能力。曾有一位患有認知障礙、需插鼻胃喉及尿喉的婆婆入住胡平，她當時不肯進食，身形瘦削，以及出現大小便失禁，起初院舍替她餵食，其後透過訓練，婆婆逐漸可自行走路到廁所如廁，並可自行進食，在院舍居住了約一年半後已能回家。

除了關懷照顧，胡平亦添置了樂齡科技設備，如在每個床位加設電子顯示屏，照顧者可即時了解院友的健康需要；院內亦有位置追蹤提示及離床警報器，保障院友安全，減低院友走失及受傷的風險；而床位亦設有對講機，院友可藉此與護士站職員溝通，直接對話，更顯貼心關懷。



靈實胡平頤養院已服務社區二十四年，在擴建及裝修將可提供更多宿位，服務更多有需要的人士。
Haven of Hope Woo Ping Care & Attention Home has served the community for 24 years, and it will provide more placements and serve more people in need after expansion and renovation.

Professional & Attentive Care. Benefits of Gerontechnology.

Happy ageing starts with care. Haven of Hope Woo Ping Care & Attention Home (hereinafter referred to as Woo Ping), has been in service for 24 years and is currently undergoing renovation and expansion. The number of residential care beds will increase from 180 to a maximum of 287, providing the community with short term care, long term accommodation as well as special care services to more elderly people. There are also customized services to enhance the personal abilities of the elderly through various training programmes. Once, there was an elderly patient at Woo Ping who suffered from cognitive impairment and needed nasogastric intubation and urinary catheter. During that time, she was very thin, refused to eat, and suffered from incontinence. Initially, she was fed by nursing staff but through training, gradually she was able to eat and walk to the toilet on her own. After living in the nursing home for about a year and a half, she was able to go home.

In addition to care, gerontechnology equipment were also added to Woo Ping. For instance, electronic display screens were installed on each bed, carers can immediately know the health of the patient in real time. There were also location tracking reminders and bed-leaving alarms in the hospital to ensure the safety of residents and reduce the risk of them getting lost and injured. All the beds were also equipped with walkie-talkies, residents can communicate directly with the staff at the nursing stations if they needed help or felt lonely.

新式安老院有更大自由的空間。
The free space in new generations nursing home is larger.



毗鄰自然生態環境 盡享樂齡生活

除了專業照顧、用心關懷，優美的自然環境也能令樂齡生活提升到另一層次。位於西貢蠔涌的蠔涌福利設施大樓（下稱大樓），當中包括靈實蠔涌頤養院暨長者日間護理中心，鄰近紅樹林及河道，更有機會看到小白鷺，環境得天獨厚。大樓前身為前西貢中心小學，改建後集頤養院暨長者日間護理中心，以及服務智障人士的靈實蠔涌日間活動中心暨宿舍於一身，提供一百個安老院舍宿位、三十個日間護理中心服務名額，以及六十個嚴重智障人士宿舍宿位，預計於2023年7月起陸續啟用。

靈實一直以「尊重生命・改變生命」的精神來服務，我們以愛來服事各類有需要人士，並注入社區共融的元素，讓服務使用者能繼續好好融入社區。大樓設有5個主題室外「綠洲」，長者可一邊飽覽秀麗風景，一邊在寬敞的戶外空間進行復康治療，如感官訓練及園藝治療等，讓長者能更享受整個治療過程，促進復康效能，服務使用者亦可與家人或訪客一起享用戶外空間，好好感受大自然。大樓內亦設有「輪椅韃靼」，讓行動不便的長者也可以感受玩韃靼的樂趣，同時為他們帶來感官上的刺激，幫助復康進程。此外，為了讓服務使用者與社區有緊密的連結，其後亦會邀請社區人士一起參加不同活動，拉近長者與社會的距離，冀可締造美好的跨代樂齡生活。

蠔涌福利設施大樓享有得天獨厚的自然景觀，長者可在優美環境下享受樂齡生活。

Ho Chung Welfare Facilities Block enjoys a unique natural landscape where the elderly can enjoy happy ageing in a beautiful environment.

Enjoy Elderly Living Close to Natural Ecological Environment

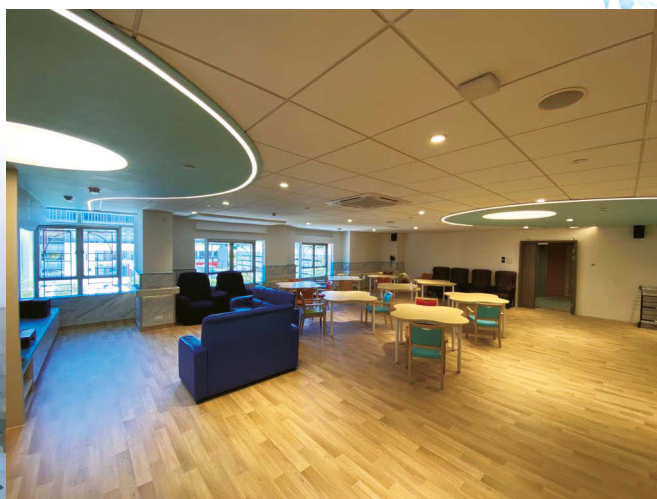
In addition to professional and attentive care, a beautiful natural environment can also elevate the life of the elderly to another level. Ho Chung Welfare Facilities Block (hereinafter referred to as The Building) located in Ho Chung, Sai Kung, includes Haven of Hope Ho Chung Elderly Home cum Day Care Centre for the Elderly. It is in a unique environment close to mangroves and rivers, and you can also see little egrets.

Formerly the old Sai Kung Central Primary School, after renovation, The Building integrates the nursing home cum day care centre for the elderly and Haven of Hope Ho Chung Day Activity Centre cum Hostel for the mentally handicapped. Providing 100 residential placements for the elderly, 30 placements in day care and 60 placements in hostels for persons with severe mental disabilities. It is expected to be operational from July 2023.

Hope of Hope has always served in the spirit of "Respecting Life • Impacting Life". We serve anyone in need with love and inject elements of inclusion so that service users can continue to integrate into the community. The building has 5 "Oasis" thematic outdoor areas where the elderly can enjoy the beautiful scenery while undergoing rehabilitation treatments. Receiving treatments, sensory training, or horticultural therapy, etc. in the spacious outdoor areas not only helps to promote the effect of rehabilitation, it also allows our service users to enjoy the natural environment with their families or visitors. There is also a "Wheelchair Swing" in the building where elders with limited mobility can have fun and enjoy. This swing will create sensory stimulation which helps with the rehabilitation process. Subsequently, to achieve stronger connections between service users and the community, we will invite community members to participate in different activities to narrow the gap between the elderly and the society, hopefully creating a beautiful cross-generational elderly living.

蠓涌福利設施大樓設有5個主題室外「綠洲」，擁有寬敞的空間，讓長者可在戶外進行各類活動，更享受復康過程。

Featuring 5 "Oasis" thematic outdoor areas, Ho Chung Welfare Facilities Block has ample space for the elderly to carry out various outdoors activities and enjoy rehabilitation process.



擴建及裝修後的靈實胡平頤養院飯廳，讓服務使用者更有家的感覺。

The canteen of the expanded and renovated Haven of Hope Woo Ping Care & Attention Home makes service users feel more like home.



軟餐重拾回憶味道 長者吃得樂也融融

Soft Meals reigniting Memories of Taste. Happy & Joyous eating for the elderly.

正所謂「食得是福」，美食當前人人垂涎三尺，但有吞嚥困難的患者卻無法下嚥，實在是人生憾事，而高質素的軟餐猶如「分子料理」，經過精心烹調，不僅還原食物的外貌與味道，口感軟腴，還讓吞嚥困難的患者重拾飲食的興趣。故此，基督教靈實協會（下稱靈實）推行「E.D.計劃」，致力設計和製作可安全咀嚼吞嚥，又「色香味」俱全的軟餐料理，讓他們告別糊餐，感受回憶的味道。

As the saying goes, "Eating is a Blessing." It is hard to resist delicious gourmet food. For patients with dysphagia and have difficulty in swallowing, it is a real regret in life. However, with high-quality, well-cooked soft food just like "molecular gastronomy", it not only restores the appearance and tastes of food, but also helps patients with dysphagia regained their interest in eating. Therefore, Haven of Hope Christian Service (hereinafter referred to as Haven of Hope) launched the "E.D. Project" to design and produce soft meals that are safe to chew and swallow, complete with 'colour, flavour and taste.' Hoping that it will help reignite their taste-buds and say goodbye to mushy, pureed food.

歡姐的女兒說：「我媽媽最喜歡吃雞肫及雞翼！我以前會把雞翼上的嫩肉用手撕得細細的，然後給她慢慢吃。」不過，歡姐現在已經沒有牙齒，縱然喜愛飲食，也只能無奈地被院舍稱為「無渣餐」的糊狀質地食物。靈實司務道寧養院的職業治療師聯絡了「E.D.計劃」團隊，為歡姐設計了既豐富美味，賣相又非常討好的特式餐盒，使她再次享受吃喝的樂趣。

特色軟餐飯盒賣相討好，色香味俱全。

A special soft meal lunch box that not only looks amazing but complete in color, fragrance, and taste.



歡姐再次品嚐到心愛美食，笑得眼眉也彎了。
Miss Foon can taste her favourite food again and she is completely overjoyed!



吳伯伯正享用「E.D.計劃」團用心為他準備的特色軟餐。

Uncle Ng enjoying the soft meal especially prepared for him by the "E.D. Project" team.



歡姐：可以給我多吃一份嗎？

盼望的日子終於來臨，「歡姐，好食嗎？今次可以放心慢慢品嚐了！」歡姐連連點頭說：「好好食，可以給我多吃一份嗎？」她的女兒也特意到院舍陪伴母親享用美食，女兒說：「少吃多滋味，你喜歡吃，下次再請你吃！」又再三叮囑母親：「不要心急，要慢慢吃啊！」大家都笑得眼眉也彎了。

負責「E.D.計劃」的靈實社企服務團隊尊重每個人的生命，為有吞嚥困難的患者提供個別化「回憶的味道」軟餐，希望能讓他們都可以享用美食，並與家人一起珍藏美好回憶。由軟餐顧問、職業治療師等組成的專業團隊會定期商討，積極提升軟餐的質素，設計出各款軟餐食品，如香港風味軟餐西多士、蛋撻、芝腿治，應節軟餐新春貴妃雞、端午紅豆糰、中秋蛋黃蓮蓉月餅等。他們與不同持份者合作，致力在社區展開宣傳和教育工作，積極推廣「食得好的尊嚴」（Eating In Dignity）的概念。



團隊精益求精，定期商討和設計軟餐。

Striving for perfection, the team regularly discuss and design soft meals.

成立6年 不斷延伸服務

自2017年成立至今，「E.D.計劃」恆常供應軟餐給長者院舍和地區長者中心，近年更積極提升對社會的承擔，將服務延伸至弱能人士住宿服務單位，使身體殘障和智障人士都可受惠。團隊的願景是將來能夠開設衛星廚房，令軟餐製作技術及設備均能進一步優化，及把服務延至社區，使更多人受惠。

想了解及支持計劃，歡迎 瀏覽 IG : @ed.project17

"My mother likes to eat chicken gizzards and chicken wings! I used to tear the meat from the chicken wings into tiny pieces, and let her eat slowly," said Miss Foon's daughter. However, her mother has no teeth now, and even though she likes to eat, she has no choice but to eat the mushy 'low residue food' from the nursing home. Thus, the occupational therapists at Haven of Hope Sister Annie Skau Holistic Care Centre, contacted the "E.D. Project" and the team designed a lunch box especially for her. It was a scrumptious and attractive lunch box and it gave Miss Foon great joy eating and drinking again.

Can I get an extra serving?

The long-awaited food-tasting day has finally arrived. "Miss Foon, how is the food? This time, you can enjoy it slowly!" asked our carers. Miss Foon nodded repeatedly and said, "It's very delicious, can I get an extra serving?" Her daughter, who especially went to the nursing home to accompany her mother for the special meal kept telling her mother to "be patient and eat slowly." She also told her mother "Eat less to enjoy more. If you really like it, I will treat you to more meals in the future!" Everyone around was over the moon and laughing so hard.

Haven of Hope's social enterprise service team, who is responsible for the "E.D. Project" respects everyone's life and is committed to providing individualized "Memories of Taste" soft meals for patients with dysphagia. Hoping they can continue to

enjoy good food and cherish the memories with family and friends.

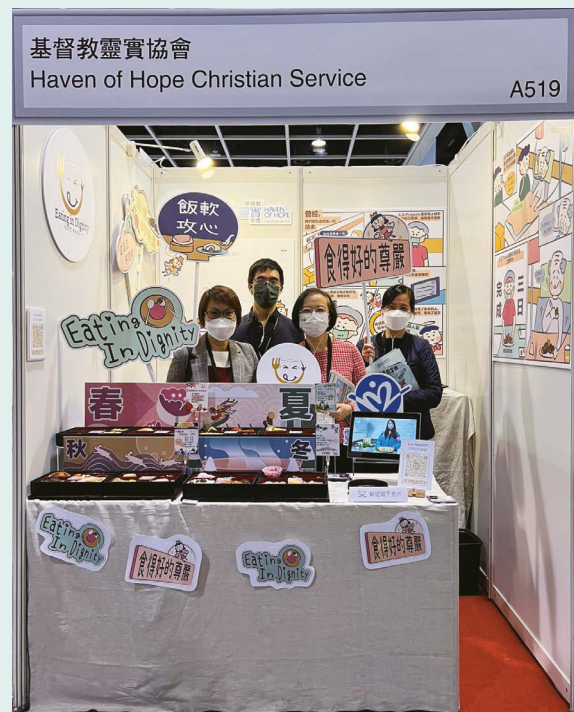
Comprising a professional team of soft meal consultants, occupational therapists, etc. they discuss regularly on how to actively improve the quality of soft meals and devise a variety of soft food. For example, Hong Kong style soft food version of western toast, egg tart or ham and cheese sandwich. Festive soft-meals like imperial concubine chicken for Chinese New Year, red bean dumpling for Dragon Boat Festival, egg-yolk and lotus paste mooncake for Mid-Autumn Festival, etc. The team is also committed to working with different stakeholders to actively promote the concept of "Eating with Dignity" through advocacy and education within the community.

Established for 6 Years & continuing to extend services

Since its establishment in 2017, the "E.D. Project" has provided soft meals to elderly nursing homes and district elderly centres on a regular basis. In recent years, it has readily increased its commitment to the society by extending its services to residential service units for the handicapped, so that both the physical and intellectually disabled people can also benefit.

The team's vision is to set-up a satellite kitchen in the future, so that soft meal production technology and equipment can be further optimized to extend its services to benefit more people in the community.

If you like to know more and support this project, please visit IG: @ed.project17



透過參加展覽活動，積極推廣「食得好的尊嚴」概念。

Participating in exhibitions to actively promote the concept of "Eating with Dignity".

愛心傳餸 39元餸菜包改變長者生命

Food Pack with Love. Changing Lives of Elderly with a 39-dollar Fresh Food Package.

百物騰貴，許多基層長者經濟負擔沉重，甚至要節衣縮食，一餐飯餸要分數餐吃。社會上已有不同的服務去支援這些弱勢長者，如派發熱餐、飯券，或開設食堂等，靈實則採用另一種做法，於2011年推出了「愛心傳餸」慈善計劃，直接派發新鮮餸菜包給他們，讓他們按個人喜好和食量烹調食材，重拾自主權，並同時希望藉此接觸隱蔽長者，協助他們重回社區。不要看輕一個成本僅39元的餸菜包，原來它可以改變許多長者的生命，使他們再次感受到自我的價值，就如德蘭修女的名言：「懷大愛、做小事」。

Everything is expensive and it has created heavy financial burdens especially on grassroot elders. Some of them even had to cut down on food and clothing, dividing one meal into smaller meals. Although there are different charity services currently in the society supporting these vulnerable elders, such as distribution of hot meals, meal coupons and/or food kitchens, Haven of Hope adopted a different approach.

Since 2011, the "Food Pack with Love" charity programme was launched to distribute fresh food packages directly to the elderly. Allowing them to regain their autonomy in cooking ingredients according to their personal preferences and portions. At the same time, reaching out to hidden seniors and helping them integrate back to the community. Never underestimate the value of a 39 dollar fresh food package as it can change the lives of many elderly people and make them feel worthy again. As Mother Teresa famously said: "Do Small Things with Great Love."



餸菜包內都是新鮮食材。
Food packages filled with fresh ingredients.

其中一位受惠人蔣伯伯今年83歲，他是獨居長者，與親人失去聯絡40年，需要自己照顧自己。他因為有痛風和關節出現問題，行動不便，甚少外出。他目前正接受靈實的中醫治療，情況已經得到改善。約於一年半前，他因為痛風發作，要獨留在家中，靠即食麵和餅乾充饑。靈實社工知道他的困難後，將他加入成為計劃的受惠人名單，他現時每星期會到家裡附近的靈實地區長者服務中心領取新鮮餸菜包。在特殊情況下，如果他不能親身到靈實服務單位，義工會把餸菜包送到他的家中。



「愛心傳餸」慈善計劃讓獨居蔣伯伯感受到有人關心。
"Food Pack with Love" charity programme made Uncle Chiang, who lives alone, feel that someone cares about him.

蔣伯伯重拾自我價值

蔣伯伯指住所附近的街市的食材價格比一般貴三分之一，計劃可以減輕他的經濟負擔。每個餸菜包提供兩

份肉食、一份蔬菜、一份瓜果，基本足夠他兩日食用。因為靈實給他的都是新鮮食材，他收到甚麼便會吃甚麼，包括一些他自己不會購買的食材，他的飲食習慣也有改變，不再偏食。每逢時節，他更會收到生果、湯包、應節食品及禮物包，使他感到十分窩心，而他覺得最重要的



周女士(左)指長者的笑容成為她持續做義工的動力。
Ms Chow (left) said the smiles of elders have become her motivation to continue as a volunteer.

是讓他重拾自我價值，「有人關心自己，我既沒有子女，又沒有人探望我，靈實這樣照顧我，使我覺得有希望」，他感激捐款支持這個慈善計劃的善長。

長者笑容成義工動力

靈實健明中心的義工周女士，由計劃開始至今，每星期都會包裝和派發餸菜包給長者。她多年來見證著計劃為許多長者帶來改變，看到他們逐漸年老或因病患而行動不便時，會感到十分感慨，但每當她看到長者們接過餸菜包，面上流露欣喜的笑容時，她卻感到萬分欣慰，這亦推動她繼續協助服務。她認為計劃幫助了不少年老體弱的長者，讓他們可享用新鮮的餸菜包，也可加強他們與中心的連繫，可謂一舉兩得！

計劃自2011年推出，已派發超過30萬份餸菜包，充分發揮捐贈者、義工及社福機構的合作力量，一同實踐「尊重生命・改變生命」的精神。

One of the beneficiaries, is 83-year-old Uncle Chiang. He has lost contact with his relatives for 40 years and has been living alone, fending for himself. Due to his gout and joint problems, he had limited mobility and rarely goes out. He is currently receiving Traditional Chinese Medicine (TCM) treatment from Haven of Hope and his condition has improved. About a year and a half ago, due to a gout attack, he had to stay at home, relying on instant noodles and biscuits to satisfy his hunger. After learning about his situation, the social workers from Haven of Hope enrolled him as a beneficiary of the programme. He now goes to a Haven of Hope District Elderly Community Centre near his home to receive a fresh food package every week. Under special circumstances, if he cannot collect in person, volunteers will deliver the package to his home.

Helping Uncle Chiang Regained His Self-Worth

Uncle Chiang shared that the price of ingredients in the street market near his residence is one-third more expensive than normal thus this programme can really helped reduce his financial burden. Each fresh food package contains two portions of meat, one portion of vegetables, and one portion of either melon or fruit, which is enough for him to eat for two days. With fresh ingredients provided by Haven of Hope, he would eat whatever he received, including some ingredients that he would normally not buy. His eating habits have also changed and he is no longer particular with his food. During festive seasons, he would receive fruits, dumplings, festive food, and gift packs, which made him feel very comforted. Most importantly, he feels that it has helped regained his self-worth, "There are people who care about me. I do not have any children and no one visits me but Haven of Hope took good care of me which made me feel hopeful." He is also very grateful to all the kind and good people who have donated money to support this programme.



義工協助包裝餸菜包。
Volunteers packing food packages.

Smiles of Elderly become Motivation for Volunteer

Ms Chow, a volunteer at the Haven of Hope Elderly Community Service, Kin Ming Centre, has been packing and distributing food packages for the elderly every week since the programme started. Over the years, she has witnessed changes brought about by the programme. Though she feels emotional when an elderly gets older or disabled due to illness but whenever she sees the happy smiles on their faces when receiving the fresh food packages, she feels very gratifying. She strongly believes that the programme has helped and benefited many elderly and frail elders. Allowing them to enjoy fresh food produce while strengthening their connection with the Centre. It truly is "the best of both worlds!"

Since the inception of the programme in 2011, more than 300,000 fresh food packages have been distributed. Fully demonstrating the collective strength of donors, volunteers, and social welfare organisations, while fulfilling Haven of Hope's spirit of "Respecting Life • Impacting Life."



捐款請致電

For donation please contact:

2703 3371

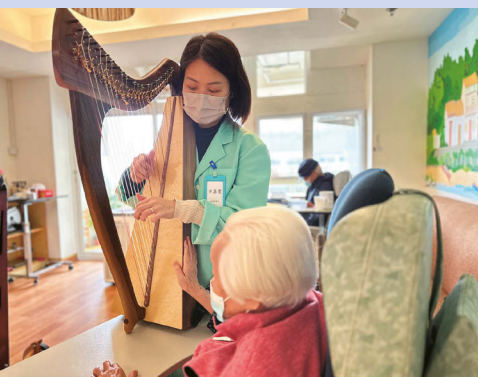
歡迎上HOHCS e-Touch shop捐款

Appreciation for visiting the
HOHCS e-Touch shop for donation:

<https://hohcs.org.hk/愛心傳餸2023/>

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

豎琴是其中一種最古老用作療癒用途的樂器，聖經也有記載，當大衛拿起豎琴彈奏，掃羅便覺舒適暢爽快(撒母耳記上16:23)。寧養院得到善長支持，在今年引入新的服務——豎琴療癒，豎琴療癒師李嘉雯(Carmen)會定期到寧養院為院友彈奏豎琴，透過優美的琴音，讓院友身心靈得到舒緩和平安。



寧養院今年引入豎琴治療服務，舒緩院友的身心靈。
A new service – Harp Therapy, was introduced this year to help relieve the body, mind, and soul of residents.



院友早前到維園參觀「2023香港花卉展覽」。
Residents visited the "Hong Kong Flower Show 2023" at Victoria Park.

隨著疫後復常，同工安排院友和家人外出，到維園參觀「2023香港花卉展覽」，他們之後返回寧養院進行園藝活動，合力製作花藝相架。透過園藝治療，院友感受到天父創造的美好，以及家人不離不棄的愛，貼合花展主題「繡麗綻放、幸福滿載」！

The harp is one of the oldest musical instruments used for healing purposes. It is recorded in the Bible that when David picked up the harp and played it, Saul felt refreshed (1 Samuel 16:23). Thanks to the

support of generous benefactors, SASHCC was able to introduce a new service this year – Harp Therapy. Miss Carmen Lee, Harp Therapist, visits the care centre regularly to play for the residents. Through the beautiful sound of the instrument, residents can be relieved physically and mentally and feel more peaceful.

With life returning to normalcy after the epidemic, our staff arranged for our residents and their families to visit the "Hong Kong Flower Show 2023" at Victoria Park. They then returned to SASHCC for



院友與家人合力製作花藝相架。
Residents and families working together to make floral photo frames.

gardening activities and worked together to make floral photo frames. Through Horticultural Therapy, residents can feel the beauty created by our Heavenly Father as well as the unwavering love of their families, which fits perfectly with the theme of flower show "Bliss in Bloom"!

靈實創毅中心

心智障礙無阻學員為環保出一分力。他們親手製作的「O_10手作」系列產品，包括環保袋、圍裙、杯墊等。在一項推廣可持續發展的活動之中，主辦公司訂購了一批由學員製作的圍裙，讓參加者在活動當日一同穿上，宣傳綠色社區信息。學員得知自己可以藉此推動環保，均感到十分高興。

Students with mental disabilities doing their part to protect the environment through "O_10handmade" products, a series of eco-friendly products made by themselves, including eco-friendly bags, aprons, coasters, etc. As part of an event to promote sustainable development, the organiser

Haven of Hope Integrated Vocational Rehabilitation Services Centre



ordered a batch of aprons made by the students for everyone to wear on the day of the event to promote the message of a green community. Our students were very happy to see their creation being used to promote environmental protection.



網上商店 Online Shop
www.o-10hk.com



Instagram
O_10handmade

2023雛聲頌揚兒童粵劇折子戲 Junior Cantonese Opera Charity Performance 2023

由靈實聯同聲輝粵劇推廣協會合辦的「2023雛聲頌揚兒童粵劇折子戲」，已經在5月1日於西九龍文化區戲曲中心順利完成。小演員的精湛演出，不僅讓全場度過了愉快的一個下午，更是在傳承傳統文化。這次慈善專場為靈實的非政府資助長者服務籌款，當中包括靈實胡平頤養院及靈實司徒道寧養院，冀可提升靈實對社會的承擔，讓更多有需要人士及家人，得到最適切又優質的照顧服務。

The "Junior Cantonese Opera Charity Performance 2023" jointly organized by Haven of Hope and Sing Fai Cantonese Opera Promotion Association was successfully completed on 1 May at Xiqu Centre in the

West Kowloon Cultural District. Not only did these young actors inherited a traditional culture, their exquisite performance gave audiences a wonderful time.

This is a charity fundraising event for Haven of Hope's non-subsidized elderly services, including Haven of Hope Woo Ping Care & Attention Home and Haven of Hope Sister Annie Skau Holistic Care Centre. The goal is to



enhance Haven of Hope's commitment to the society so that more underprivileged people and their families can receive the most appropriate and high-quality care services.



靈實恩光學校 Haven of Hope Sunnyside School (SS)

自2020/21學年起，恩光學校參加了賽馬會「智歷奇境」學習計劃，按學生特點及需要設計具挑戰和互動性的歷奇活動，現已推展到全校12班，學生縱有不同的肌能限制，但也能透過每

班四節的歷奇課參與不同的挑戰。計劃尊重學生意願，強調給予學生在自決下選擇「接受挑戰」機會，展示跳出自己「安舒區」的學習成果，也讓各界認識到嚴重智障學童也能「挑戰成功」！



「板車大挑戰」讓學生在操場跑道上完成挑戰。
"Go Kart Challenge" allows students to complete challenges on the playground track.

Since the 2020/21 school year, SS has participated in "Wonderful Adventures", the Jockey Club Experiential Learning Project for Students with Special Educational Needs (JCELP). This project designed challenging and interactive adventure activities in accordance to the characteristics and needs of the students, and it has been extended to all 12 classes in the entire school. Even though students might have different muscle limitations, they can still take part in any of the four adventure activities in each class.



學生在「歷奇架」上進行空中步行。
Student performs air walk on the "Adventure Rack".

The project respects the wishes of the students and emphasizes giving them the opportunity to make their own decisions in choosing to "accept challenges." It empowers students to jump out of their "comfort zone" and to show the world that children with severe intellectual disabilities can also succeed in challenges!

魔術變出歡樂人生 連繫社會改變思考

Magic creates a joyful life Connecting society changing minds



專業魔術師張哲銘（Jeff Teo）來自馬來西亞，2010年正式來港，亦曾到訪世界各地如泰國、紐約等地表演魔術。
Jeff Teo, the professional magician from Malaysia, has been staying in Hong Kong since 2010 and has presented numerous magic performances in different places such as Thailand and New York.

魔術變幻無窮，令人摸不著頭腦，讓人看得嘖嘖稱奇。簡單的道具，短時間的表演，已可帶大家由現實走到光怪陸離的魔術世界，感受魔術所帶來的歡樂。專業魔術師張哲銘（Jeff Teo）從事魔術表演逾10年，「我想用魔術來進行分享，猶如一份禮物來與大家分享喜悅。」

The magic world is endless and baffling, making people filled with wonder. The simple props and short performances bring people from reality to the weird and wonderful world of magic, and feel the joy brought by it. Jeff Teo, a professional magician, has been performing magic for more than 10 years, "I want to use magic to share, like a gift to share the joy with everyone."



Jeff多次與靈實合作，包括在2017年靈實慈善高爾夫球賽中表演。
Jeff has worked with Haven of Hope on a number of occasions, including performing at the Haven of Hope Charity Golf Tournament 2017.

魔術帶來快樂 成年人尋獲笑容

Jeff小時候在電視上看到大衛·高柏菲表演魔術，自此對魔術一見鐘情，長大後成為一位魔術師，魔術更成為他的日常，「魔術已是我的生命，如果沒有魔術，我也不知道可以做甚麼。」來自馬來西亞的Jeff，魔術令他踏出舒適圈走到香港，再步向世界各地，吸引不同年齡的人士，向大眾分享快樂。Jeff憶起一次派對表演，當時有一個約80歲的婆婆，她因家庭問題已有半年沒有展露微笑，但她在觀看Jeff表演魔術時，卻面露笑容，連她的家人也覺得十分驚喜，在表演後向Jeff表示謝意，這經歷令他很感動，「魔術是最直接可以帶成人逃離現實的方法，讓他們變回小朋友，這數秒十分珍貴。」除了商業表演，Jeff亦十分支持靈實，他已與靈實合作約7年，猶如老朋友，他笑言每次到靈實表演，也看到許多熟悉面孔，每位觀眾也如同他的朋友，關係緊密。

魔術改變思維助解決困難

魔術不只能帶來歡樂，更可改變大家的想法。Jeff認為魔術與解難都是異曲同工，兩者皆需找出答案來解決問題，他希望可透過魔術來改變大家的思維，「解決不到問題，但這不代表問題沒有解決方法。」以魔術為例，魔術師藉反覆練習，在表演時毫無破綻，讓觀

眾覺得魔術就是這麼自然發生，「透過表演及溝通技巧來呈現魔術，讓觀眾相信這個幻覺。」

那麼沒有破綻，就是否屬好看的魔術？Jeff認為每人口味不同，但好看的魔術需與人的生活有大連繫，「魔術師與觀眾都是一樣是普通人，但我們能到大家覺得無可能的事，當觀眾感興趣，就會增加連繫。我希望觀眾在觀看表演後，覺得如果自己也懂得變魔術就好了！」

7年來Jeff也保持初心，透過魔術娛樂、啟發及連結社會，「魔術沒有語言上的障礙，可連繫不同背景的人士。說到將來，他希望與靈實繼續合作，讓更多服務使用者感受快樂，這與靈實以愛心服事關懷的精神不謀而合，用愛心關懷每一位有需要的人士，讓他們可好好過日子。此外，Jeff亦盼能幫助新入行的魔術師，藉自己的經歷，為他們提供指引，令行業繼續盛放。」



透過魔術進行演講，Jeff冀可藉此改變大眾思維及啟發觀眾。
By performing magic in his speeches and talks, Jeff hopes his performance can change mindsets and inspire audiences.

Magic Brings Joy And Brought Smile on Grown-up Faces

After watching David Copperfield performs magic on TV as a child, Jeff fell in love with magic and grew up to be a magician and it had become part of his life. "Magic is my life and I don't know what I would have done without it." Jeff is from Malaysia and magic has taken him beyond his comfort zone to Hong Kong and then around the world, attracting people of all ages and sharing happiness with the public. He recalled a party performance when an 80-year-old woman who had been suffering from family problems was one of his audience. She had not smiled for six months, but when she watched Jeff's magic show, she showed smile on her face and her family was so surprised that they thanked Jeff after the show. That was a touching experience for Jeff, "In such a short precious moment, magic is the most direct way to take adults out of reality and turn them back into children." Apart from commercial performances, Jeff is also a great supporter of Haven of Hope. He has been working with the organisation for about seven years and is like an old friend. He laughed and said that he saw many familiar faces every time he performed at Haven of Hope, and each audience member was like his friend with close relationship.

Magic changes mindset to help solve problems

Magic not only brings joy, but also changes people's minds. Jeff believes that magic and problem solving are similar in that both require answers, and he hopes he could change people's minds through magic. He believes that "some problems can't be solved, but that doesn't mean there isn't a solution." In the case of magic, for example, the magician practises repeatedly and performs without any flaws, giving the audience the impression that the magic just happens naturally, "Presenting magic through performance and communication skills, I can make audience believe in the illusion."

So, does flawless means everything in an appealing performance? Jeff thinks that everyone has different preference, but good magic requires a big connection to people's lives, "Both magicians and audiences are ordinary people, but we have to do things that people think that are impossible. And when the audiences are interested, here comes the connection. I hope that after watching the show, the audience will think that it would be great if they could do magic themselves!"



Jeff已成為專業魔術師約10年，現時已為不同機構及公司進行表演。
Jeff has been a professional magician for about 10 years and now performs for various organisations and companies.

Over the past seven years, Jeff has maintained his original mission to entertain, inspire and connect the community through magic, "Magic has no language barrier and can connect people from different backgrounds." In the coming future, he hopes to continue working with Haven of Hope continues and aims to bring happiness to more service users. This is in line with the vision of Haven of Hope - "With Love, We Serve and Care". We care for people in need with love and care, so that they can live their lives well. Jeff is also looking forward to helping new magicians and using his own experience to provide them with guidance so that the profession can continue to flourish.



Jeff認為有紀律及不斷練習，才可克服成為魔術師時所遇到的困難。
He believes that self-discipline and constant practice is the only way to overcome difficulties that come with being a magician.

持續的支持 盼以生命燃亮生命 Unwavering Support. Be the Light.



香港珠寶製造業廠商會主席葉美珠
Miss Bronia Yip, Chairwoman of Hong Kong Jewelry Manufacturers' Association

香港珠寶業在國際享負盛名，珠寶設計和製作工藝更在世界上名列前茅，每年舉辦多場大型珠寶展，展示燦爛奪目的珠寶，吸引世界各地的買家入場參觀和洽商，其中在每年11月於香港會議展覽中心舉行的「JMA香港國際珠寶節」，除了展出各式各樣的珠寶和原石外，近年在主辦機構香港珠寶製造業廠商會（HKJMA）的安排下，更設有靈實的展位，義賣耆樂餅為弱勢長者籌款。

Hong Kong's jewelry industry is renowned internationally. Its jewelry design and craftsmanship are among the best in the world. Every year, many large-scale jewelry exhibitions were held in Hong Kong, showcasing dazzling jewelry and attracting buyers from all over the world. Among them, the "JMA Hong Kong International Jewelry Show" is held every November, at the Hong Kong Convention and Exhibition Centre.

葉美珠擔任「2023 HOPES RUNNER靈實生命跑及慈善行」起步禮和頒獎嘉賓。

Miss Bronia Yip served as a special guest at the opening ceremony and award presenter at "HOPES RUNNER: Run & Walk 2023"



自2017年起，HKJMA便持續透過捐款和參與慈善活動支持靈實，一同扶助弱勢社群，包括捐款贊助和參加今年1月在將軍澳跨灣大橋舉行的「2023 HOPES RUNNER靈實生命跑及慈善行」。該會主席葉美珠透露，靈實正進行十年基建發展項目「築動生命全方位發展計劃」，為市民提供嶄新而優質的醫療及社會服務，以及「尊重生命・改變生命」的精神，使HKJMA深受感動，成為一直支持靈實的動力。

「HKJMA與靈實理念相同，注重創新和持續發展」，葉美珠說，她兩年前接任該會主席時，剛巧遇上全球新冠病毒疫情肆虐，國際商業活動及展覽大規模停頓，珠寶業界受到沉重打擊，需要利用創新思維，在困局中靈活求變，遂鼓勵網上消費，並舉辦講

座，讓同業認識社交媒體平台、消費平台，加強推行數碼化營商。

為了促進珠寶業持續發展，該會建立了香港珠寶工坊J-HUB，透過講座、分享會和製作班，期望傳承精湛的珠寶製作工藝、融合嶄新設計意念和先進技術，吸引更多年輕人投身業界。隨著香港全面恢復通關，他們正密切與各地聯繫和溝通，希望帶領香港珠寶業走得更遠、更廣。

「慈善活動是一種社會責任，也能團結會員的力量，通過參與慈善活動，以及各種形式的捐贈，本會可以對社會作出貢獻和關懷，也體現了本會的社會責任和價值觀，同時也能夠與社會各界建立更緊密的聯繫，增強影響力」，葉美珠說。該會定期探訪慈善

團體及參與義工活動，例如曾到訪靈實怡明長者日間中心和發起會員支持靈實耆樂餅義賣活動，並多次把該會年度步行籌款所得的善款捐給靈實。

即使疫情肆虐期間，HKJMA仍繼續支持靈實，因為他們覺得在艱難時期，社會上基層市民及弱勢社群的生活更加困難，慈善機構和社會團體需要更多的支持和幫助。葉美珠說：「我們感謝長者為香港作出的貢獻，他們為社會建立了良好的根基。我們希望社區以無限延續的愛與關懷，發揮香港人精神，以生命燃亮生命！」

Apart from exhibiting a wide range of jewelry and rough stones, in recent years, under the arrangement of the organiser, the Hong Kong Jewelry Manufacturers' Association (HKJMA), a booth was set-up for Haven of Hope to sell Qile Cake to raise funds for the vulnerable elderly. Since 2017, HKJMA has supported Haven of Hope through donations and charitable activities, helping the underprivileged. Most recently, through sponsoring and participating in "HOPES RUNNER: Run & Walk 2023", which was held in January this year at Tseung Kwan O Cross Bay Bridge.

Miss Bronia Yip, Chairwoman of HKJMA, revealed that the Association was deeply moved by "The Haven Project", Haven of Hope's 10-year capital development project, which aims to provide new and high quality medical and social services to the public, as well as the spirit of "Respecting Life • Impacting Life". Thus, it has motivated her and the association to keep supporting Haven of Hope.

"HKJMA shares Haven of Hope's philosophy of focusing on innovation and sustainable development," said Miss Yip. Adding that when she took over as Chairwoman of the association two years ago, the jewelry industry was severely affected by the global Coronavirus pandemic. All international business activities and exhibitions were cancelled or suspended on a large scale. It was necessary to use innovative thinking and be flexible in the face of difficulties. Therefore, online consumption was encouraged, and seminars were held for colleagues and peers to learn more about social media and digital consumption platforms to strengthen the implementation of digital business.

To promote sustainable development of the jewelry industry, the association established J-HUB. It organised seminars, sharing sessions and workshops, to showcase the exquisite craftsmanship of the jewelry while integrating new design ideas with advance technology, hoping to attract more young people to join the industry. With Hong Kong lifting all travel and customs restrictions, discussions and communications are already underway with various countries. They hope to lead Hong Kong's jewelry industry onto newer and more exciting frontiers.

"Charity is a social responsibility that unites members through participation in charitable activities and various forms of giving. The Association's contribution and care for the community also reflects our social responsibility and values, and at the same time, it can establish closer ties with all sectors of the community and enhance its influence," said Miss Yip. The Association regularly visits charities and participates in volunteer activities, such as visiting Haven of Hope Yee Ming Day Care Centre for the Elderly, initiating members support for Qile Cake Charity

Sale, and donating proceeds from their annual fundraising walk to Haven of Hope repeatedly.

Even during the raging epidemic, HKJMA continued to support Haven of Hope as they felt that the lives of the grassroots and the vulnerable in the community would be even more difficult during challenging times. Charities and social organisations would also need more help and support. Miss Bronia Yip said, "We are grateful for the contributions made by the elderly to Hong Kong as they have built a good foundation for the society. We hope the community will continue to show the spirit of Hong Kong people and unleash our endless love and care to light up the lives of other people!"



每年11月舉行的「JMA 香港國際珠寶節」，是其中一場本地大型珠寶展。The JMA Hong Kong International Jewelry Show held every November, is one of the largest jewelry exhibitions in Hong Kong.

香港珠寶製造業廠商會每年都會舉行步行籌款，近年多次把籌得善款捐給靈實。

HKJMA holds fundraising walks every year. In recent years, the funds raised were donated to Haven of Hope.



靈實70周年 繼續與你同行創造未來

70th Anniversary of Haven of Hope. Creating a Brighter Future Together.

今年靈實已踏入70周年，靈實從小型診所開始，發展成現今有約60個服務單位，涵蓋不同服務範圍，一直以「尊重生命・改變生命」的精神，以愛心關懷服事，照顧社區內有需要的人士。

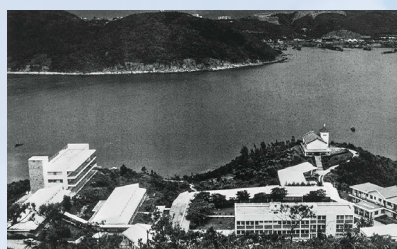
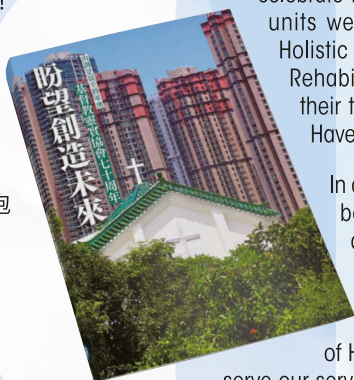
This year, Haven of Hope is celebrating its 70th Anniversary. Started as a humble small clinic, it has developed into a comprehensive medical and social service institution with over 60 service units covering different service areas. Over the years, Haven of Hope has served the needy in the community with love and care, adhering to the spirit of "Respecting Life, Impacting Life".

為慶祝靈實70周年，靈實傳訊及籌募部舉辦了「創意短片拍攝大賽」，讓同工們發揮創意及盡顯團隊精神，以70周年橫額拍攝短片，一同傳遞靈實的喜樂，當中勝出服務單位為靈實司務道寧養院及靈實日間社區康復中心。大家各有心思，來年繼續與靈實同行！

此外，基督教靈實協會70周年紀念書籍亦已出版，內容紀錄靈實的歷史，並邀請了同工和服務使用者分享靈實改變生命的故事，讓我們好好記住靈實的發展，將來繼續連接社區及服務社群，一起懷抱盼望，創造未來。

To celebrate the 70th Anniversary of Haven of Hope, our Communications and Resource Development Department organized a "Creative Video Making Contest". Using the 70th Anniversary banner as an inspiration, our staff were able to unleash their creativity and team spirits and shot videos to celebrate their joy and happiness. The Winning Services units were from Haven of Hope Sister Annie Skau Holistic Care Centre and Haven of Hope Community Rehabilitation Day Centre. Everyone has expressed their thoughts and will continue to serve alongside Haven of Hope.

In addition, the 70th Anniversary commemorative book of Haven of Hope Christian Service has also been published. The book documents the history of Haven of Hope as well as life changing stories from staff and service users. We must not forget the development of Haven of Hope as we continue to connect and serve our service users and the community. Let us embrace hope and create a brighter future together!





尋找司務道教士足跡導賞團

Guided tour to trace the footprints of Sister Annie Skau

靈實在將軍澳扎根70年，見證將軍澳由海灣旁邊的一片荒原，發展成現在擁有約50萬人的健康城市。在這段急速發展的歷史當中，留下了靈實創辦人司務道教士不少足跡，為了讓大眾更了解將軍澳，並繼續跟隨司務道教士的步伐，承傳「尊重生命・改變生命」的精神，傳訊及籌募部於今年4月19日和24日，舉辦了兩團「尋找司務道教士足跡導賞團」，讓新舊靈實人一同探索靈實和將軍澳成長史。

Haven of Hope is deeply rooted in Tseung Kwan O for over 70 years. It has witnessed the development of Tseung Kwan O from a barren upland by the bay into a robust city with about 500,000 people.

During this period of rapid development, our founder Sister Annie Skau, left behind many footprints. To better understand Tseung Kwan O and continue in the footsteps of Sister Annie Skau to inherit her spirit of "Respecting Life • Impacting Life", our Communications and Resource Development Department, organised two guided tours tracing her footprints on 19 and 24 April this year. Giving old and new Haven of Hope staff the opportunity to learn more about the growth and development history of both Haven of Hope and Tseung Kwan O.

尋找司務道教士足跡之旅的14個景點，全部與靈實和將軍澳發展史有關。在今次導賞團之中，資深同工、靈實專業進修學院行政經理盧錦生，以及靈實醫院院務經理葉嘉儀，向參加者重點介紹靈實醫院和靈實臺內的幾個景點，讓大家加深了解靈實由昔日司教士年代的肺病療養院，發展成醫療和綜合社會服務機構的歷史。



盧錦生
Philip Lo

導賞團之後到「將軍澳風物訊」參觀，該處是透過復修舊調景嶺警署，成為歷史風物資料館。昔日在調景嶺長大、《荒原上的遺民》作者計超透過館內一系列歷史圖片的文物，向大家口述將軍澳的歷史，分享他童年時與司務道教士相處

的回憶，以及他從小到大在將軍澳生活的一點一滴。

導賞團的參加者大部分是靈實新舊同工，大家親身走過各景點，聆聽靈實的歷史。追隨司教士走過的足跡，不只是回望過去，而且是放眼未來，繼續以愛心關懷、專業及進取的精神來服事社會上需要的人，滿足大眾身、心、社、靈的需要。

為了讓公眾人士加深對靈實與將軍澳歷史的認識，每個景點都設有二維碼，只要用手機掃描二維碼，便有一段

聲音導賞。大家都同樣可以展開一次探索之旅。

There are 14 scenic spots on the guided tour and they are all related to the developmental history of Haven of Hope and Tseung Kwan O. During the tour, our senior colleagues, Mr. Philip Lo, Executive Manager of Haven of Hope Professional Training Institute and Miss Amy Ip, Haven of Hope Hospital Affairs Manager, highlighted several scenic spots in Haven of Hope Hospital and Haven of Hope Terrace to the participants, as well as the "Trinity Garden" in the hospital's new building, which only opened last year. Giving everyone a better understanding of the history of Haven of Hope, which has developed from a Tuberculosis Sanatorium in the era of Sister Annie Skau into a comprehensive medical and social service institution.

After the tour, participants visited Tseung Kwan O Heritage Post, a historical and cultural museum after the restoration of the former Rennie's Mill Police Station. Mr. Edward Kai, author of



計超
Edward Kai

"Remnants of the Barren Upland" grew up in Tiu Keng Leng. He recounted the history of Tseung Kwan O through a series of historical photos and cultural relics in the museum. He also shared his childhood memories of spending time with



葉嘉儀
Amy Ip

Sister Annie Skau and details of his life from a child to an adult in Tseung Kwan O.

Most of the participants of the tour were old and new staff of Haven of Hope. Everyone personally experienced all the scenic spots while listening to the history of Haven of Hope. Following in the footsteps of Sister Annie Skau is not just about looking back in the past, it is about look forward to the future. We must continue to serve those in need with love and care, with professionalism and an enterprising spirit to meet the physical, mental, social, and spiritual needs of the public.

To deepen public's knowledge of Haven of Hope and Tseung Kwan O's history, there is a QR code next to each scenic spot. Just scan the QR code with your mobile phone, and there will be an audio guide taking everyone onto a journey of learning and discovery.



尋找司務道足跡之旅 14個景點 14 spots of Journey to trace the footprints of Sister Annie Skau

- | | |
|--|--|
| 1 靈實禮拜堂 Haven of Hope Chapel | 8 靈實金句 Haven of Hope Scripture |
| 2 靈實路 Haven of Hope Road | 9 歷史走廊 History Gallery |
| 3 涼亭 Gazebo | 10 祈禱石花園 Prayer Stone Garden |
| 4 基督教靈實協會總辦事處 Haven of Hope Christian Service Support Office | 11 寶琳南路 Po Lam Road South |
| 5 楠森康復中心原址 Former Nansen Rehabilitation Centre | 12 Jenkins' Castle |
| 6 護士宿舍原址 Former Nursing Students' Quarters | 13 將軍澳風物訊 TKO Heritage Post |
| 7 靈實醫院 Haven of Hope Hospital | 14 靈實恩光學校 Haven of Hope Sunnyside School |



抗衰老與養生

Anti-aging and health preservation

陳家昌醫師

By Chan Ka Cheong, a
Traditional Chinese
Medicine (TCM)
practitioner

近年抗衰老愈來愈流行，但在中醫角度，「抗」衰老其實不太正確。衰老本來就是人體自然發展的過程。《黃帝內經》以《上古天真論》為開首，當中就說了生老病死的自然規律，「五七，陽明脈衰，面始焦，髮始墮」、「六八，陽氣衰竭於上，面焦，髮鬢頒白」。五七、六八等都是人的歲數，其後就是描述人體在相應歲數的變化。年老本就是自然的規律。中醫講求順應自然，如果硬是要抵抗衰老，恐非中醫學之目的。

到這裡，大家可能會誤解我的意思。中醫不會「抗」衰老，是因為衰老是人的自然進程。但是，衰老期間出現的問題，的確是我們想關注的地方。用個比較容易理解的說法，就是我們希望解決亞健康狀態，讓人健康地衰老。臨床所見，很多人年老後出現的問題，與其說是衰老，倒不如說是日積月累所發的老毛病。例如現代人們常常低頭工作或用電話，便容易導致頸項不適；常常說話的人容易消耗人身之氣，導致一系列氣虛表現。因此，我們真正要抗的，不是「衰老」，而是日常生活中的不良習慣。

當然，有些衰老期間的問題，也不見得全都是生活不良習慣所致，也有地理因素及先天的問題。香港屬於嶺南濕熱之地，換句話說，就是所謂的「濕氣重」、「濕熱重」。長期生活在香港，等同飽受濕熱所擾，如果人本身脾氣較虛，就特別容易受濕邪所擾，而見疲倦、大便不爽的症狀了。

這裡還需要特別指出很多人對於養生的誤解。疾病的發生與養生方式不一定存在關係。舉個最容易理解的例子。新冠疫情肆虐之時，不少人也染病了。但是，有些人偏偏就是不會得病。我聽聞過一個例子，有個八、九十歲的長者和家人同住，結果家人染疫，惟獨這位長者怎麼做快測都是陰性。由此可見，如果認為自己懂養生就不會得任何疾病，這種想法未免太過絕對了。再者，大家真的肯定自己養生的方式真的在「養生」嗎？

為什麼會這樣說呢？因為坊間流傳的一些養生方法，事實上對個人來說都不是養生。例

如做運動當然好處多多，但體質偏虛的人不適宜做激烈運動，以免大汗淋漓，進一步損傷正氣；濕氣重或脾胃較虛的人，如果天天都喝八杯水，可能反而加重體內的濕邪。中醫講求個體化治療，其實在養生上亦是相通的。盲目遵從別人的養生方式，未必真的有益養生之效。當然，有些養生方法是適合大部分人群的。例如正確行八段錦操，就有利人體氣血流暢。氣血安和，就沒有那麼容易出現小毛病了。

Despite the popularity of anti-aging in the recent years, the concept itself is incorrect, from TCM perspective, because aging is basically a natural process in human body. It just happens no matter what you do. As written in the first chapter, *The Universal Truth in Huangdi Neijing*, it features the natural law of life like birth, sickness and death: "at 35 year-old, the meridians of yang qi and blood gradually weaken, the face looks haggard, and the hair begins to drop off"; or "at 48 year-old, the person tends to be characterised by the deficiency of yang qi in the upper part of the body who looks tired, and has white temple hair". All of these characteristics are merely natural metabolic changes in the human body at different ages. In a nutshell, aging is a part of the law of nature. As regards in TCM, emphasising our human body to be in line with nature, aging deems to be inevitable by nature; not to mention as an objective to fight against.

In this area, somehow my point of view may be misinterpreted. Ageing is regarded as a natural process of a human being, so TCM does not attempt to combat it. To enable one to understand with ease, I would elaborate that TCM tries to explore solutions to deal with the subhealth problems arisen on ageing, which is really a matter of concern in TCM. In short, we hope to help the people to age well and healthy. According to clinical findings, the health issues of many older people are mostly caused by the problems being unsolved or their after-effect accumulated over time rather than mere ageing. For example, nowadays people tend to bend their heads downward when working or using their mobile phones. This posture will lead to neck discomfort. Or when people talk a lot, they are apt to consume their qi; thus resulting in the symptoms of qi deficiency. In conclusion, what we have to fight against is not "ageing", but

eliminating the bad habits of our daily life.

Definitely, some problems on ageing may be caused by bad habits. But some others count including geographical factors or congenital one. Geographically, Hong Kong lies within the hot and humid latitude, which is characterised by hot and wet subtropical climate of Lingnan area. So people living in HK for a long time, tend to be easily attacked by the damp-heat evils. On top of it, if a person has a weak physique by nature, he will be more susceptible to the attacks of damp evils with manifested symptoms like tiredness and poor bowel movements.

Moreover, here I would further elucidate some common mis-concepts about wellness or health preservation: the occurrence of illness is not necessarily associated with the knowledge of health preservation. During the epidemic of Covid-19, despite the fact that quite many people got infected, few went well without being infected at all. I even heard of a case in which a senior in his 80s or 90s living with other family members, remained RAT-tested negative while the rest of the family got infected. This may indicate that it may not be universally true that one who does not easily get ill if he knows how to conserve good health, let alone he gets exactly the right way of "preserving health".

Why do I say so? Mind it, many popular folk health preservation concepts are not tailored to individual needs. For example, regular exercise enhances our health, however, strenuous exercise may not be fit for a physically weak person as excessive sweating after intensive exercise will upset his vital energy. Moreover, the one, with heavy dampness in the body or has weak spleen and stomach, should not drink eight glasses of water daily. This will aggravate his health as he is prone to be attacked by the damp evils because of further accumulation of dampness in the body. TCM, emphasising treatments tailored to individual needs, is squarely associated with health preservation. Yet, do not blindly believe what others say about tips on health preservation which may not improve wellness. However, some are one-size-fit-all: such as Baduanjin exercise benefits and correctly regulates the flow of qi and blood in the human body. Some minor ailments may even be prevented once the circulations are improved.

《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。在未得您的事先同意前, 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您的個人資料, 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, Tseung 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 : _____



RESPECTING LIFE • IMPACTING LIFE

捐款回條 Donation Form

基督教靈實協會創立於一九五三年, 是一所非牟利的社會服務機構, 透過關懷全人的事工, 致力與人分享福音及建立基督化社群, 在基督的愛中, 以關懷、專業及進取的精神提供服務, 使服事者及被服事者彼此建立更豐盛的生命。

Haven of Hope Christian Service (HOHCS) is a non-profit social organisation founded in 1953. Through a ministry of holistic care, HOHCS strives to share the Gospel and develop a Christian community. In the love of Christ, HOHCS delivers services in a caring, professional and progressive spirit so that the lives of those serving and being served are mutually enriched.

郵票由持
牌人支付

Postage will be
Paid by Licensee

您毋須貼上郵票; 但如果您能貼上郵票, 我們可以節省
所需的郵費。請幫忙減低我們的開支。

如在本港投寄
毋須貼上郵票

No Postage Stamp
Necessary If
Posted In Hong Kong

BUSINESS REPLY SERVICE
LICENCE NO. 1497

基督教靈實協會
Haven of Hope Christian Service

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

請沿實線剪下信封並按虛線接疊及封口

請沿實線剪下信封並按虛線接疊及封口

E	POSTAGE PAID HONG KONG CHINA 中國香港 郵資已付	Permit No. 特許編號 3170
---	--	----------------------------

基督教靈實協會 Haven of Hope Christian Service

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

- 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-23-06

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，包括舒緩治療中的靈性關懷
Evangelistic Work, including Spiritual Care
in Palliative Care
- ☐ 靈實「築動生命全方位關懷計劃」
The Haven Project
- ☐ 非政府資助復康服務
Non-subsented Rehabilitation Services
- ☐ 非政府資助長者院舍
Non-subsented Elderly Home
- ☐ 需單次捐款收據 One-off Donation Receipt ☐ 需每年捐款收據 Yearly Donation Receipt

姓名 Name* : _____ (先生/小姐/太太 Mr/Miss/Mrs) 日期 Date : _____

香港身份證號碼(頭4位數字) HKID (first 4 digits) : _____ 電話 Tel : _____

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 _____

地區 District : _____ 電郵 Email Address : _____

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 : ☐  ☐  ☐ 

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

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

☐ 繳費電話 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。
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.

- 以信用卡或繳費電話捐款者可傳真此表格到本機構的傳訊及籌募部(傳真號碼: 2702 8173)。此表格可自行複印。
Please send this form to our Communications and Resource Development Department by fax (fax no.: 2702 8173) if you donate by credit card or PPS. Please copy the form if necessary.

捐款人之個人資料，只為傳遞本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 Resource 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.