



## 港安醫院慈善基金(司徒拔道理事會) Hong Kong Adventist Hospital Foundation Board of Governors (Stubbs Road)

香港郵政 Hongkong Post



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### Chairman's message:

#### How was your 2021?

#### 2021年來到尾聲，這一年半來大家還好嗎？

To comply with various pandemic regulations, Hong Kong Adventist Hospital Foundation has continued to postpone large-scale community activities over the course of this year. However, our charitable efforts have carried on unhindered as we continue to provide medical services to those in need.

We firmly believe in the importance of disease prevention, as well as early diagnosis and intervention for the critically ill. This year, the Cancer Fund performed over a hundred 3D mammograms, breast ultrasounds, and breast MRIs for underserved women, and also provided PET-CT, MRI, and CT scans to facilitate timely and appropriate treatment for patients.

The Heart Fund is currently handling 18 charity cases, and conducted cardiac catheterization for three patients this year to help monitor and control their heart conditions.

In addition to saving lives, restoring quality of life is also an important part of our mission. One of our big areas of focus are meeting the needs of underprivileged elderly, and this year, our Eye Fund has sponsored 160 cataract surgeries, restoring vision and quality of life to many elderly patients. We hope to provide 150 more cataract surgeries in 2022.

Mobility is another crucial component of healthy aging, and I am happy to report that the Orthopedic Fund has been able to sponsor our fourth knee replacement surgery for another elderly beneficiary. I encourage you to read more about Ms. Cheng's journey later in this issue.

As we approach 2022, my hope is that we will soon emerge from this long period of darkness and uncertainty and welcome a new season filled with light and blessings. I look forward to launching new programs and initiatives next year, so that many more of those in need in our community may experience the healing ministry of Christ!

Wishing you all a merry Christmas and a happy New Year!

#### Dr. Maurice Leung

Chairman, Board of Governors (Stubbs Road)

過去一年為配合防治新冠肺炎疫情，港安醫院慈善基金持續暫緩舉辦大型及社區活動；然而，我們的慈善工作並未停歇，仍不斷為有需要人士提供適切的醫療服務！

我們深信防患於未然，對於重症病人，儘早確診及接受治理尤其刻不容緩。癌病基金本年為有需要人士提供上百次3D乳房造影檢查、乳房超聲波及乳房磁力共振造影；亦提供正電子及電腦雙聯掃描、磁力共振造影掃描及電腦掃描，幫助病患儘早找到合適治療。

心臟基金持續照顧心臟病患者，現時跟進個案達18個。今年，亦為3位病人進行了心導管檢查，有效監察及控制患者病情。

守護生命至為崇高；維護傷病的生活質素也是我們的願景。我們特別關注貧困長者的需要，護眼基金繼續守護長者，全年已進行160宗白內障手術，使有需要的長者恢復視力、重見光明！我們希望於2022年可以為長者提供150宗白內障手術。

自如的活動能力，讓長者更能享受晚年生活。很高興骨科基金資助第四位長者完成全膝關節置換手術，個案在今期內文另有詳細分享，願各位細閱。

迎接2022年，盼望我們如列車終於通過漫長隧道，迎來是全新的風景，還有告別黑暗後的天朗氣清！期待著新一年各項事工得以再次推展，讓更多有需要人士能夠蒙福得益！

謹祝

聖誕及新年快樂！

梁平醫生

港安醫院慈善基金－司徒拔道理事會主席

*We are dedicated to create an engaged culture of healthcare philanthropy in Hong Kong*  
抱慈行醫 持善立志 以港為基

# Beneficiary Sharing

## 受惠者分享

### Restored Vision Transformed Lives

Since 2015, the Eye Fund under Hong Kong Adventist Hospital Foundation (HKAHF) has sponsored over 1,100 cataract surgeries for underserved elderly in Hong Kong. Our many beneficiaries not only regain their vision, but also their quality of life, and enjoy a greatly enhanced sense of independence, confidence, and joy!

87-year-old Ms. Chu suffers from high blood pressure and diabetes, and because of a previous fall, requires the use of a cane to get around. Cloudy vision and gradual hearing loss has led her to increasingly rely on the assistance of her family members. While her daughter lives close by, Ms. Chu, who lives on her own, still goes out alone to buy food for herself, though her worsening ailments have made it more difficult to do so. In 2018, Ms. Chu's granddaughter learned about HKAHF's Charity Cataract Program online, and helped her grandmother register in hopes that Ms. Chu would be an eligible applicant to receive free cataract surgery.

Within two to three months, Ms. Chu's application was processed by HKAHF and she received cataract surgery for both eyes. Swift approval meant that Ms. Chu was saved from delayed treatment, which can increase the complexity of the surgery and also bring about health risks including various complications and in severe cases, blindness. Early treatment, therefore, is one of the most critical components of recovery!

Ms. Kwok is an independent woman who loves to go out and explore. However, because she underwent knee surgery for both knees over a decade ago, the 83-year-old has recently begun experiencing pain in her legs. In addition, her eyesight has become progressively worse, further hampering her ability to live a normal life. During the pandemic, she also felt it was difficult to breathe while wearing a surgical mask, and with her poor eyesight, she found herself going out less and less – the once active Ms. Kwok now felt trapped in her own home. Thanks to the assistance of social workers, Ms. Kwok was able to apply to the Charity Cataract Program and received surgery for both eyes. As the pandemic situation eases, we look forward to seeing Ms. Kwok, who has regained her vision, return to her active lifestyle and hobbies!

81-year-old Ms. Song is another beneficiary of HKAHF's Charity Cataract Program who received free cataract surgery for both eyes. For her and many other beneficiaries, receiving clear vision once again was a transformative gift of a lifetime! For us at HKAHF, witnessing their joy and gratitude is the greatest gift we can ask for.

Empowered by so many heartwarming success stories, HKAHF looks forward to benefiting many more elderly in need through the Charity Cataract Program. Our hope is that through the restoration of vision, our beneficiaries may also experience transformation and refreshment of their body, mind, and spirit and enjoy their golden years to the fullest!

### 重見光明 轉化生命

港安醫院慈善基金轄下的護眼基金自2015年起為領取綜援的65歲或以上長者進行了超過1,100宗白內障手術，讓他們不僅恢復視力、重見光明；許多受助者更因此大大改善生活質素，因重新擁有獨立生活能力而變得更加自信、愉快！

87歲的朱婆婆患有高血壓及糖尿病，因曾經跌倒，走路需要拐杖輔助；由於視力模糊加上聽力日漸衰退，生活上越來越倚賴家人。雖然兒女已居住附近，但獨居的朱婆婆仍要自己下樓買菜做飯，有時真的會感到力不從心！2018年，家人知道朱婆婆有眼瞤情況、看東西不太清楚，孫女又在網上看到有關港安醫院慈善基金的服務，知道基金為有需要長者提供免費白內障手術，便協助婆婆申請。

朱婆婆兩邊眼睛都分別接受了白內障手術，而兩次手術都由港安醫院慈善基金資助。難得的是，朱婆婆不用等候很長時間，平均只花2至3個月便獲安排及完成手術。要知道，延遲進行白內障手術，會增加手術難度及長者的健康風險，而白內障本身亦有機會帶來併發症，最嚴重的情況可致患者失明。故此，及早治療是康復的最大亮光！

至於83歲獨居的郭婆婆原比較獨立，也喜歡到處遊玩，但因十多年前曾動過雙膝手術，現時有腳痛情況。行動不便加上視力轉差，令郭婆婆的日常生活帶來許多不便。因疫情關係，她有戴上口罩後呼吸困難，又因視力欠佳，不得不盡量減少外出，令本來性格外向的郭婆婆不免感到無奈。透過社工協助，她申請了慈善白內障手術計劃，在基金資助下完成了兩邊眼睛的手術。疫情緩和後，相信恢復健視的郭婆婆終可重拾到處遊玩的興趣！

81歲的宋婆婆同樣受惠於慈善白內障手術計劃，獲資助完成了兩邊眼睛的白內障手術。對她以及一眾受助的長者來說，能重新「看得很清晰」絕對是逆轉人生的珍貴禮物！看見她興奮表達對港安醫院慈善基金的感謝之情，真使人欣慰和鼓舞！

甚願港安醫院慈善基金透過慈善白內障手術計劃，幫助更多有需要的長者，透過改善視力，也讓他們的身心靈得到滿足。能重新掌管及享受人生，細看美好風光，才是真正的安享晚年！



# Beneficiary Sharing 受惠者分享

## Reaching New Heights

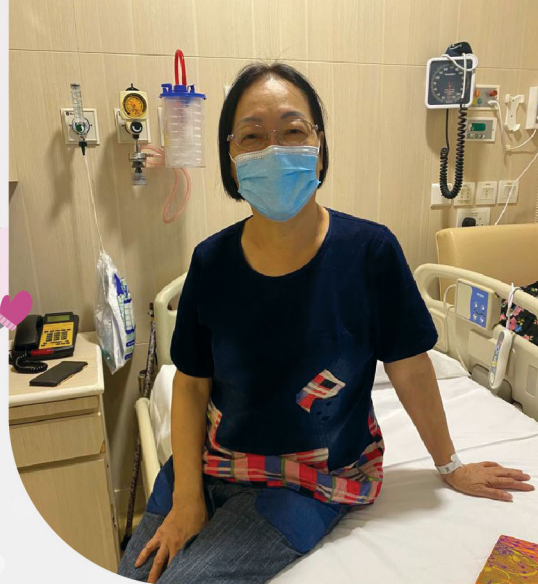
66-year-old Ms. Cheng suffers from diabetes, high blood pressure, high cholesterol, and elevated liver enzymes, and is required to take over 10 pills on a daily basis.

Having worked as a waitress for over two decades, Ms. Cheng has also suffered from leg pain for many years as a result of standing for hours on end every day. She quit her job in 2016 and began receiving treatment for her pain at a public hospital. After waiting for one year, she was finally referred to a specialist, who recommended surgery – something that required an eight-year wait!

Due to her knee pain, Ms. Cheng found it very difficult to go up and down stairs and navigate slopes. Her sleep was also severely affected. When she woke up in the middle of the night to use the washroom, she would make her way slowly while using the wall for support. She was unable to stand for extended periods of time nor walk very far, and needed to use crutches while going up and down stairs. Her mobility problems greatly affected her ability to go out and socialize.

At one point, Ms. Cheng's pain led her to approach a private clinic to receive hyaluronic acid injections. Unfortunately, she only experienced pain relief for about one year – once the effectiveness of the treatment wore off, her knee pain returned. One day, Ms. Cheng noticed an online advertisement about charity knee replacement surgery offered Hong Kong Adventist Hospital Foundation's Orthopedic Fund. She immediately called to enquire, and after applying to the program and receiving approval, she successfully received the knee replacement surgery that she needed.

Ms. Cheng is currently recovering well, and her knees are able to bend up to 90 degrees. We wish her a speedy recovery, and look forward to seeing her return to full mobility, so that she may live her life to the fullest and reach new heights!



## 攀登人生更美風景

是次個案中現時66歲的鄭女士患有糖尿病及高血壓，並有膽固醇及肝酵素過高的問題，每天需服食十多顆藥丸。

鄭女士曾任餐廳侍應二十多年，由於需要經常站立和走路，腳痛問題一直存在及令她生活造成困擾；至令她於2016年辭去工作，並開始到公立醫院接受診治。當時經歷一年多排期，鄭女士才獲轉介見專科醫生。她這才發現，原來要排期接受手術，她還需要再等八年！

因膝蓋疼痛，每當上下樓梯或行走斜路時她都倍感吃力，睡眠質素也嚴重受到影響；半夜起床前往洗手間時，她都只能勉強扶著牆壁，緩慢前行。膝蓋痛症使鄭女士不能長站或走太長的路程，特別是上下樓梯需要拐杖輔助，行動不便使她外出社交也身不由己。

由於痛楚難當，鄭女士曾到私家診所接受透明質酸注射治療。雖痛楚得以緩減，惟效力只能維持不足一年時間；當注射的透明質酸流失，她又得再次面對膝蓋疼痛的煎熬。偶然機會下，鄭女士因看到港安醫院慈善基金「骨科基金」在網絡頻道上宣傳慈善膝關節置換術，就立即致電查詢。經過申請及審批，終成功接受了膝關節置換！

鄭女士目前康復情況良好，膝關節現已能做到90度彎曲。祝願鄭女士早日康復、健步如初，在往後的人生可攀上更高之地，仰望更美好風光！



# A Big Thank You to Our Board Members

## 衷心鳴謝各理事會成員

Hong Kong Adventist Hospital Foundation (HKAHF) was established in 1999 with a mission to support financially disadvantaged people in need of medical treatment, and to educate the public on the importance of disease prevention and a healthy lifestyle. Within HKAHF, individual funds including the Eye Fund, Heart Fund, Cancer Fund, and the Healthy Lifestyle Fund, provide targeted care and services through a broad range of charity outreach programs.

HKAHF operates under the direction of its Board of Governors, which comprises business leaders, medical professionals and philanthropists, and includes: Dr. Maurice Leung, Chairman; Mr. Philip Mok, Vice Chairman; Mr. Douglas Van, board member and Chairman of the Eye Fund; Mr. Eddie Cheung, board member and Chairman of the Heart Fund; Dr. Au Siu Kie, board member and Chairman of the Cancer Fund; Ms. Juliana Lam, board member and Chairman of the Healthy Lifestyle Fund; and board members, Mrs. Helen Li and Ms. Robyn Lamsam. The board sets the strategic direction of HKAHF, advises on areas of fundraising, promotion, and development, and oversees management of the Foundation. Our current Board Governors have all served on the board since June 2019, and embarked on their second two-year term this past summer.

Thanks to their vision, dedication, and hard work (not to mention the generosity of our many faithful donors!), the Foundation has transformed the lives of many underserved individuals through impactful programs. These include: Cancer Fund's Scan Program, Treatment Program, and High-Risk Breast Surveillance Program; Heart Fund's heart disease surgery and treatment initiatives; Healthy Lifestyle Fund's Care Dates, community health checks, NEWSTART camps, and distribution of healthy food to the underprivileged; and the Eye Fund's Charity Cataract Program.

Much of the Foundation's success and impact over the years is a result of the leadership and selfless contributions of HKAHF's Board of Governors, and for that, we are incredibly grateful.

港安醫院慈善基金成立於1999年，致力支援有經濟困難而需要接受醫療診治的人士，並教育公眾預防疾病及建立健康生活方式的重要。港安醫院慈善基金轄下不同基金，包括護眼基金、心臟基金、癌病基金及健康生活基金等，均透過廣泛的慈善外展計劃，提供針對性的護理及服務。

港安醫院慈善基金在理事會指導下運作。理事會由商界領袖、醫學專家及慈善家組成，包括：主席梁平醫生、副主席莫君逸先生、理事會成員暨護眼基金主席萬祥生先生、理事會成員暨心臟基金主席張蔚賢醫生、理事會成員暨癌病基金主席區兆基醫生、理事會成員暨健康生活基金主席林曉盈小姐、及理事會成員李陳悅英女士、伍劭斌女士。理事會制定港安醫院慈善基金的策略方向，就籌款、推廣及發展提出建議，並監督基金的管理。現時，我們的理事會成員均從2019年6月開始服務理事會，並已於本年夏天展開為期兩年的全新任期。

靠賴他們的遠見卓識、無私奉獻及辛勤努力（全賴一眾善長的鼎力支持！），基金會透過不同具影響力的計劃，徹底改變了許多弱勢人士的人生。這些計劃當中包括癌病基金的掃描、治療計劃、高危乳腺普查計劃；心臟基金的心臟病手術及治療計劃；健康生活基金的關懷日、社區健康檢查、「新起點營」及向弱勢群體派發健康食品；與及護眼基金的慈善白內障手術計劃等。

這些年來，基金會的成功及影響力有賴港安醫院慈善基金理事會的優秀領導及無私貢獻；為此，我們僅向各理事會成員致以最由衷的感謝。



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Hong Kong Adventist Hospital Foundation



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### Board of Governors - Stubbs Road 司徒拔道理事會成員

❄ Dr. Maurice Leung  
(Chairman)  
梁平醫生(主席)

❄ Mr. Douglas Van  
萬祥生先生

❄ Dr. Eddie Cheung  
張蔚賢醫生

❄ Dr. Au Siu Kie  
區兆基醫生

❄ Miss Juliana Lam  
林曉盈小姐

❄ Mr. Philip Mok  
(Vice-Chairman)  
莫君逸先生(副主席)

❄ Mrs. Helen Li  
李陳悅英女士

❄ Ms. Robyn Lamsam  
伍劭斌女士

❄ Mr. Alex Lan  
凌宏實先生

❄ Mr. Arthur Wong  
黃守賢先生