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香港九龍旺角郵箱78978號活力中心 SAC Centre P.O. Box 78978, Mongkok Post Office, Kowloon, Hong Kong

愛滋寧養服務協會為一所獨立非牟利慈善機構，於一九九四年十一月成立，是亞洲首個為愛滋病毒感染的兒童、成人、長者及其照顧者提供直接照顧服務的非政府機構。本會擁有護士、社工、輔導員及物理治療師的專業團隊，不但提供外展服務，亦在日間中心進行各種護理及預防愛滋病的服務，包括藥物督導、治療輔導、心理治療、物理治療、體能訓練、朋輩支援、公眾教育及義工培訓等。我們承諾為愛滋病毒感染者提供專業護理服務，以提升他們的自我照顧能力及重建自信，並鼓勵他們積極面對人生，重投社會生活。

The Society for AIDS Care established in November 1994, is a community-based and non-profit making charitable organization. It is the first non-governmental organization in Asia providing high quality direct patient care services to children, adults and elderly people living with HIV/AIDS (PLWHA) and their care-givers in the community. Our professional service team consists of nurses, social workers, counselors and physiotherapists. We provide both outreach services and centre-based services on care and prevention of HIV/AIDS, including drug supervision, therapeutic counseling, psychological support, physiotherapy, physical training, peers support, public education and volunteers training. We are committed to provide professional care services to PLWHA to strengthen their self-care ability, build up their self-confidence and vision of positive living, so as to facilitate full community reintegration.

<b>Founder 創辦人</b> Dr. Maureen McGinley MBE 麥潔思醫生 MBE	<b>Chairperson 主席</b> Ms. Michele Gornaut	<b>Honorary Treasurer 義務司庫</b> Mr. Stuart Dickie 狄思傑先生	<b>Directors 董事</b> Dr. Susan Chiu 郭潔生醫生 Mr. Christopher Jackson Mr. Grant Thatcher Mr. Jeremy Webb	<b>Honorary Auditor 義務核數師</b> Mr. Charles Tang JP 鄧漢英太平紳士 S.Y. Yang & Co. 楊國興會計師行	<b>Honorary Co-Secretary 義務公司秘書</b> Clyde & Co. 其德律師行
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# LOOK

愛寧通訊

第四十六期 Issue 46



愛滋病的發展  
AIDS history  
日間中心活動  
Centre Activities

「大愛」慈善步行  
AIDS Walk

中港交流  
China Program

註：為保護活力中心會員及受訪者，其容貌不便刊出  
Remarks: To avoid discrimination, the identities of SAC members are not revealed on photos



## 愛滋病的發展 AIDS History (1986)

Website Link: [www.aids scare.com.hk/aids-history](http://www.aids scare.com.hk/aids-history)

1986

1986年5月，國際病毒名稱委員會建議將愛滋病病原體的逆轉錄病毒一概稱為「人體免疫力缺乏病毒」，簡稱HIV。感染者受病毒感染後，體內的免疫系統會逐漸減弱，身體會容易受到一般健康人士不會致病的病菌所感染（稱「伺機性感染」）及癌病的侵襲。愛滋病毒同時在人體體液中游走及入侵免疫細胞，透過輸入感染者的血液、精液、陰道分泌物及母乳而傳染他人。

1986

In May 1986, the International Committee on Taxonomy of Viruses has recommended that the retrovirus isolates identified as causative agents for the acquired immunodeficiency syndrome (AIDS) be renamed with a virus group name, human immunodeficiency virus, to be abbreviated HIV. It is a condition in humans in which progressive failure of the immune system allows life-threatening opportunistic infections and cancers to thrive. Infection with HIV occurs by the transfer of blood, semen, vaginal fluid, pre-ejaculate, or breast milk. Within these bodily fluids, HIV is present as both free virus particles and virus within infected immune cells.

## 日間中心活動 Centre Activities

### 義工年度分享會 Volunteer Sharing Session

本會鼓勵在過去一年熱心參與各項義工的會員持續參與義工服務，讓各個活動能順利進行。會友義工們分享參與活動的得著及感受後，獲頒發的「感謝狀」。

We encourage active involvement of member-volunteers in the past year that ensured smooth running of various events. After sharing their experience and feedback, each member received a Certificate of Appreciation as a token of our gratitude for their continuous support.

## 新物理治療儀器

### New Physiotherapy Machines

由於輪候公立醫院人數眾多及私人物理治療的費用昂貴，本會大部份會友未能及時接受適切的痛症治療。透過新添置的兩部治療儀器，並結合傳統物理治療和運動療法，我們希望有效加強會友的痛症處理。

干擾電療法是在公立醫院和私人診所常用的急性痛症治療儀器。它使用中頻電流來增加血流量，有效地放鬆肌肉，電流也減輕痛神經的刺激，達致鎮痛效果。這亦讓其後的手法治療和運動治療更有效及容易，有助緩解疼痛和整體恢復的效果。

衝擊波療法是近年來治療慢性痛症最有效的物理治療方法之一。衝擊波儀器產生高能量聲波，打散纖維化的組織，讓組織重新癒合。衝擊波是治療慢性痛症如筋膜炎、肌腱炎、軟組織鈣化等的有效療法。

Due to the long waiting list in public hospital, as well as the expensive cost of private physiotherapy, most of our members cannot receive suitable treatment for their pain on time. With 2 new physiotherapy machines, combining traditional physiotherapy treatments and exercise, we believe that the effectiveness of pain management for our members will be strengthened.

Interferential current therapy (IFT) is common used modality for treating acute and sub-acute pain in both public hospital and private clinic. It uses mid-frequency electric currents to increase blood flow, gently exercising the muscles to promote relaxation. The current also blocks the pain fibers in our nerves, leading to pain relief effect. This enhances the effectiveness of the therapeutic exercises and manual mobilization, which results in longer-lasting pain relief and restoration of movement.

Shockwave therapy is one of most effective physiotherapy modality for treating musculoskeletal pain syndrome in recent years. The shockwave machine generates high-energy sound wave to break down the chronic, fibrotic tissues which causing the initiation of tissue healing process. Because of this effect, shockwave is especially effective in treating chronic pain condition such as fasciitis, tendinosis, calcifying soft tissue and etc.

## 日間中心活動 Centre Activities







## 廣西、河南之旅 Visit to Guangxi and Henan

本會行政總監陳麗卿女士、項目總監蔡少芳女士及資深護士到廣西疾病預防控制中心交流，了解當地愛滋病的情況以及該院門診服務。南寧約佔全國感染兒童的百分之十，本會代表探訪專門照顧當地受愛滋病影響兒童的廣西希望之光兒童社會工作服務中心，工作人員不但介紹門診為兒童及家長服務，更展示當地抗病毒治療等工作。

Ms. Alice Chan, our Chief Executive Officer, Ms. Esther Choi, Program Director and Home Care Nurse visited Guangxi Nanning Centre for Disease Control and their out-patient client for professional exchange on local HIV/AIDS situation. About 10% of children with HIV in China are from Nanning. Our representatives also visited "The Light of Hope", a facility dedicated for children affected by HIV/AIDS. The staff introduced children and parent services, and their preventative work done locally.



鄭州市第六人民醫院副院長蘇淑媛女士  
Ms. Ms. Shuhuen, Deputy Superintendent of The Sixth Civil Hospital of Zhengzhou City



鄭州市第六人民醫院許金生院長  
Dr. Xu Jinsheng, Superintendent of the Sixth Civil Hospital of Zhengzhou City



廣西南寧疾病預防控制中心一區醫生及護士  
Doctors and chief nurses of Guangxi Nanning Centre for Disease Control



本會代表及「愛滋之關懷」的專案項目經理李林先生(中)  
SAC representatives and Mr. Li Lin, Deputy Director & Program Manager of AIDS Care China (centre)

本會代表遠赴河南鄭州與河南師範大學簽訂新合約，並選拔今年「中港社工實習計劃」的學生於七至八月期間到本會進行實習，了解香港愛滋病服務及社工界發展。本會代表更與鄭州市第六人民醫院許金生院長及其他代表會面，了解醫院的最新服務及發展，並洽談有關學生在醫院實習的成效。

Our representatives traveled to Zhengzhou City, Henan to renew contract of "Social Work Student Placement Programme" with Henan Normal University. Interview of candidates to participate in the programme this July and August at SAC Centre to learn about AIDS care service and development of social work in Hong Kong. Our representatives met with Dr. Xu Jinsheng, Superintendent of the Sixth Civil Hospital of Zhengzhou City to learn about updates on hospital services and development, and discuss the result of the Student Hospital Resident Service Program.



本會代表、河南師範大學社會事業學院副院長劉洪剛(第二排左三)及一室社會事業學院學生  
SAC representatives, Professor Liu Honggang, Dean of Department of Social Work at Henan Normal University (2nd on left on 2nd row) and students of the Department





中港培訓  
China Program



左起：河南鄭州市第六人民醫院護理部馬丹丹女士及劉曉華女士，本會行政總監陳麗珊女士，廣西南寧疾病預防控制中心孟慶雲醫生及香港高醫生  
From left: Ms. Ma Dandan and Ms. Liu Ruihua, chief nurses from The Sixth Civil Hospital of Zhengzhou City in Henan; Ms. Alice Chan, Chief Executive Officer, and Ms. Esther Choi, Program Direct of The Society for AIDS Care; and Dr. Meng Qin and Dr. Lu Hongyan from Guangxi Nanning Centre for Disease Control



## 中港交流 China-HK Exchange Program

廣西南寧疾病預防控制中心的醫生及河南鄭州第六人民醫院的護士長應邀到香港進行交流，並於本會舉行分享會，講解當地愛滋病的情況，而一班會友熱烈支持，並踴躍發問。  
Several Chinese AIDS experts, including doctors from Guangxi Nanning Centre for Disease Control and chief nurses from The Sixth Civil Hospital of Zhengzhou City in Henan visited our Day Centre. A sharing session was held where the experts shared their experience in caring for PLWHA in different parts of China. Members enjoyed the presentation.



過往活動  
Previous Activities are

The Society  
愛滋寧養服務協會

## 愛滋病病毒感染者健康調查新聞發佈會 PLWHA Health Survey Press Conference

隨著愛滋病藥物治療的進步，愛滋病病毒感染者的壽命延長，慢性病及老龄化的現象日趨嚴重。本會於本年上旬以問卷調查方式訪問162名愛滋病病毒感染者(HIV+)及愛滋病患者/發病者(AIDS)，於六月八日舉行發佈會，並邀請到香港感染及傳染病醫學會代表曾德賢醫生講解有關愛滋病延誤治療的後果及愛滋病患者剖白延遲治療造成永久傷殘痛苦。  
發佈會內容：<http://aidscares.com.hk/pressconf2015/>

As medicine for HIV/AIDS advances, life expectancy of PLWHA is lengthened. However, chronic disease and aging pose more serious concerns. We performed a health survey with 162 patients with HIV/AIDS earlier this year. A press conference was organized on 8 June with Dr. Tsang, Owen from The Hong Kong Society for Infectious Diseases as guest, explaining the consequences of delayed treatment. An AIDS patient was present to share his painful story of permanent disability due to delayed treatment.

More about the Press Conference: <http://aidscares.com.hk/pressconf2015>

主禮嘉賓左起：香港感染及傳染病醫學會代表曾德賢醫生，本會行政總監陳麗珊女士，愛滋病患者李先生（化名）  
From left: Dr. Tsang Tak Yin, Owen, representative from The Hong Kong Society for Infectious Diseases, Ms. Alice Chan, Chief Executive Officer of The Society for AIDS Care, and Mr. Lee (pseudonym), AIDS patient



## AIDS Walk慈善步行

本會於山頂舉行AIDS Walk慈善步行暨面具設計比賽頒獎典禮，並邀請到著名歌手泳兒小姐擔任「愛寧大使」，林柏希先生任大會司儀。AIDS Walk 慈善步行籌款聯合主席Mr. Christopher Jackson呼籲大眾進一步宣揚積極預防愛滋病。活動當天天氣欠佳，但逾六百名參加者無懼風雨，戴上由「面具設計比賽」參賽者親手製作的面具，以行動支持愛滋病感染者。

AIDS Charity Walk cum Mask Design Contest Award Ceremony was commenced successfully at the Peak. We were honored to invite famous singer Ms. Vincy as AIDS WALK ambassador and Mr. William Lam as Emcee. Co-chairperson of AIDS Walk, Mr. Christopher Jackson reinforced the message of active prevention of AIDS. Over 600 participants braved the rainstorm and completed the Walk wearing the Masks designed by participants of the Mask Design Contest.



## 面具設計比賽 Mask Design Contest

今年的面具設計比賽本會共收到數千人報名，並有近百間學校參與。每位參賽者所設計的面具均獨一無二，為每位愛滋病感染者帶來了鼓舞和希望。得獎名單：<http://aids scare.com.hk/mask-design-contest>  
This year, we received several thousand entries from over 100 schools for Mask Design Contest. Every unique design brings encouragement and hope for people living with HIV/AIDS. Winner List: <http://aids scare.com.hk/mask-design-contest>.



## 「一切從認『滋』開始」藝術展 Art Exhibition

本會希望透過發展愛滋病感染者的藝術潛能及作品所蘊涵的心聲，向公眾人士展示他們的才華，增進公眾人士了解他們的內心感受。感染者亦能藉藝術創作抒發抑制的情緒，提升其自信心及增進其成就感，感受社會人士對他們的包容，從而打開心結。

Art as an expression is what stands for the artists as well as their feelings. We hope that the Art Exhibition can provide a chance for people living with HIV/AIDS to release their suppressed feelings through art, thus raise their self-confidence. It also provides a platform for the public to understand the hidden stress experienced by people living with HIV/AIDS. Feeling encouraged and supported by the public, we wish that they can live a better life without the mental burden.



# 給我們下一代 零感染的未來 Zero Infection for the Next Generation



參加者可獲得 All participants will receive:

- 活動紀念T恤乙件 AIDS CARE T-SHIRT
  - 參加幸運大抽獎 LUCKY DRAW
- 得獎者一名·獲得三星Galaxy S6 乙部  
A CHANCE TO WIN Samsung Galaxy S6



五公里個人接力賽/ 三公里接力賽  
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費用 FEE: 250  
報名詳情於九月公佈

REGISTRATION OPENS IN SEPTEMBER

Organiser 主辦機構:



Co-organiser 協辦機構:



Supporting Organisers 支持機構:



如有任何爭議，以大會的最終決定為準。  
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超級聯盟慈善跑  
SUPERHERO RUN  
8 / 11 / 2015  
星期日 · SUNDAY  
時間 TIME: 上午 8:30  
地點 VENUE: 啟德郵輪碼頭  
KAI TAK CRUISE TERMINAL

本人願意作以下捐款 I would like to make the following donation

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- ☐ \*一次過捐款 ONE-OFF DONATION: ☐ 港幣 HK\$500 ☐ 港幣 HK\$1,000 ☐ 港幣 HK\$2,000 ☐ 其他 OTHER: 港幣 HK\$\_\_\_\_\_

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每月捐款將於信用卡到期日後自動延續，直至閣下另行通知為止。捐款將於收到此表格後即日生效，並於每月十號左右扣除有關款項。  
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[www.aidscares.com.hk/direct-donation](http://www.aidscares.com.hk/direct-donation)

請到以上連結，便可以使用信用卡作即時捐款，網上捐款免交回此回條，我們將依據你的資料發收據。  
You can make real time donation with your credit card on the link above. You do not need to return this slip. Receipt will be issued according to the information you provided online.

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## 直接存款 Direct Deposit

請將捐款直接存入本會其中一個銀行戶口，並將收據寄給我們。  
Please deposit the donation into one of our following bank accounts, and send us the receipt.  
**東亞銀行 BEA account: 015-228-10-400465-6**  
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交易編號 Payment Reference No. : \_\_\_\_\_

## 便利店捐款 Donation at Convenient Stores

閣下可以到全港任何一間OK便利店、VanGO便利店或華潤萬家超級市場，出示以下捐款條碼，以現金作捐款。請將有關收據連同填妥表格交回本會以作記錄。  
Present the donation barcode before to any Circle K, VanGO convenient stores or CRVanguard Supermarkets in HK when making a cash donation to SAC. Please complete this form and send us along with the receipt for our records.



9999653003622015

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Please call 3622 1293 for a bank autopay authorization form.

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☐ 為幫助節省行政開支，本人不需要收據。  
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