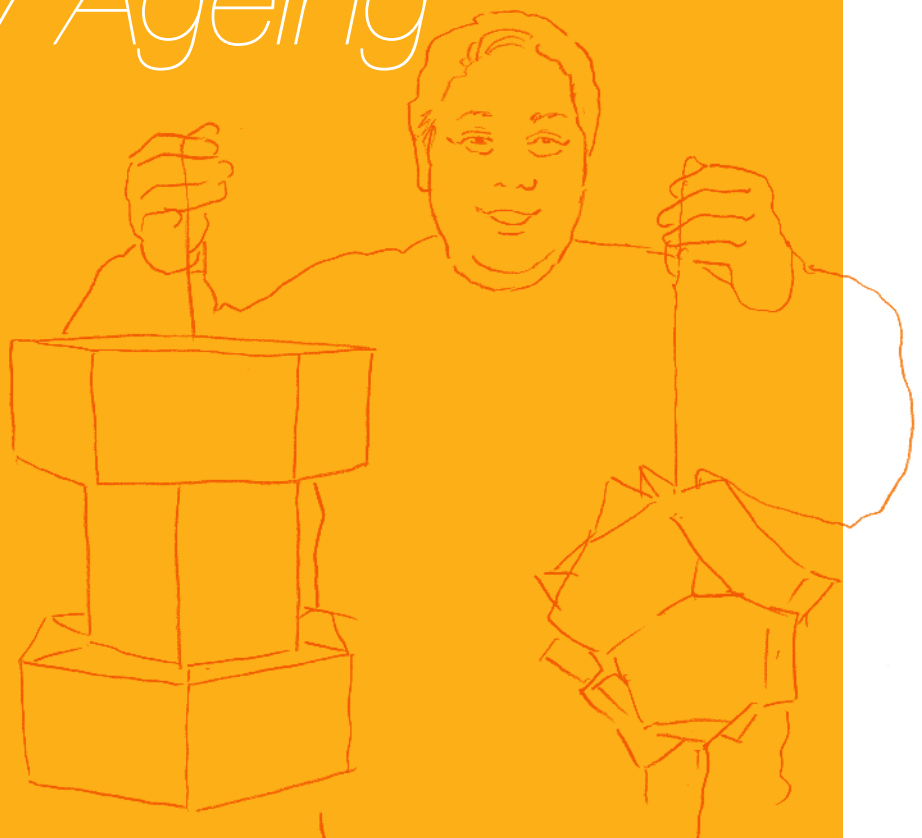


快樂友耆

Happy Ageing



婆婆回憶起她從前在鄉下「冇書讀」，所以並不識字。在五十年代抵港後，為了賺錢給在鄉下的弟弟妹妹，她輾轉做過多份工作；用她的說話來形容，她「捱了幾十年」，到現在八十多歲，身體大不如前。「我以前做車衣做了十幾年，後來轉做電子又做了十幾年。都有做過『阿嬾』，即係做雜工，還被人『搵笨』，要我『執雞』。」十多年前的大手術，和前年的心臟問題，都多虧有麥姑娘陪着。「我自己去醫院，去到就打電話找麥姑娘。這十幾年，都有姑娘陪我化療、打針、覆診。」

Auntie Tong was illiterate as she received no formal education in the country. After settling in Hong Kong in the 50s, she switched jobs to earn money for her siblings in her hometown. Auntie Tong said those were hard times during which she had struggled to survive. Today, Auntie Tong has reached her eighties, but she is no longer healthy as before. "I had worked as a seamstress for more than ten years. I had worked in the electronics industry for another ten more years after that. I also worked as a maid, which means a worker that handles miscellaneous stuff. I was the one who always picked up the pieces. I was cheated." It was fortunate that Ms. Mak accompanied Auntie Tong when she had to undertake a major surgery ten more years ago, and when Tong's heart was not in good condition in the year before last year. "Whenever I went to the hospital, I would call Ms. Mak there. She always accompanied me when I underwent chemotherapies, injections, and follow-up medical consultations."

離鄉別井到港生活 孤苦幸獲社工同行

認識麥姑娘已有足足十八年的唐婆婆在訪問中不斷提到：「她對我好好，好關心我，幫了我好多。」那時，唐婆婆因癌症而需要做大手術，自此建立起她們十多年的情誼。「我沒有子女，其他親人都在鄉下，如果沒有麥姑娘，真是好淒涼。」

Lonely New Immigrant Received the Social Worker's Assistance Luckily

It has been 18 years since Auntie Tong first met with Ms. Mak. "She (Ms. Mak) treated me very well. She cared a lot about me and helped me out on many occasions.", Auntie Tong said in an interview. Tong had to undertake a major surgery as she was diagnosed with cancer at that time. The friendship of Ms. Mak and Auntie Tong has lasted for more than two decades upon their acquaintance. "I don't have any children, and all my relatives are living in my hometown. My life will be miserable without Ms. Mak."

最緊要玩得開心，玩得開心
病都好得快。

*The most important thing
is to play joyfully,
happiness made me
recover more quickly.*



樂於參與中心活動 感激社工關懷備至

除了生活上的照顧，例如安排姑娘在唐婆婆有需要時為她送飯，定時到她家中清潔、量血壓等外，麥姑娘亦對唐婆婆的情緒等十分關注。「她常常會安排很多中心活動，打電話問我有沒有時間去。」唐婆婆回憶起往年的活動時如數家珍，印象最深刻的是學毛巾操，還和一班「老友記」去了老人院表演。「我們去過好多地方玩，去車公廟、睇清明上河圖、去過兩次迪士尼，工展會都去過。」婆婆笑言，有很多已經記不清了，但全都「玩得好開心，玩得開心病都好得快。」

「我不懂表達，但麥姑娘真是好好，我什麼都找她，有信寄給我都會找她幫我睇。」唐婆婆坦言多年來一直很感激麥姑娘的照顧和關心，只是明白麥姑娘工作繁忙，也不敢太大打擾她。婆婆開玩笑道。「她幫我太多，講多謝都沒有用，唯有過年上去拜年，都是一份心意。」

唐婆婆由以往無所事事，整天坐著回想以往不開心的經歷，變為積極主動，懂得享受眼前的快樂。

Enjoying Participating in the Centre's Activities Appreciating the Social Worker's Care

Ms. Mak took care of Auntie Tong's everyday lives. She would assign people to send meals to Auntie Tong, and go to her home to perform routine tasks such as cleaning her flat and measuring her blood pressure. She cared about Tong's emotion as well. "She (Ms. Mak) always organised many activities in the Centre, and asked me whether I had time to go." Auntie Tong recalled various kinds of activities she had participated before, counting them like jewels in her hands. The one that she found most impressive was a stretching exercise class called "Towel Exercise", of which the students, including Auntie Tong, put on a show in an elderly home. "We went to many places, like Che Kung Temple. Another time we saw the painting, Along the River During the Qingming Festival. Twice we went to Disneyland. We even went to the Hong Kong Brands and Products Expo." Auntie Tong said cheerfully that she could no longer remember all these things clearly, but she was certain that she played happily, and the joy she got from these experiences made her recover more quickly.

"I am not good at speaking, but Ms. Mak is truly awesome. I always look for her. When I get some letters, I will ask her to read them for me." Auntie Tong said frankly that she appreciated Ms. Mak's care and effort throughout all these years. She will not bother Ms. Mak much as she understands Ms. Mak gets a lot of work at hand. "I will try to avoid bothering her. I am afraid that she will be scared of me." Auntie Tong joked. "Saying thank you is no longer useful as she has helped me a lot. Visiting her during the Chinese New Year is the only thing I can do to show my gratitude."

In the past, Auntie Tong had nothing to do sitting and thinking about his past unhappy experience for a whole day. Now, she has become active and learnt to enjoy the beauty of life.