



心康之聲 H.E.A.R.T. NEWS No. 16 July 2004

Summer is here with us now!

### Seminars

We just had a seminar on “Diabetes & Metabolic Syndrome” by Dr. Hildemar Santos on July 11, 2004. We did not expect much because of the summer holidays in many quarters but it was very well attended by over 60 members and friends. Thanks very much for your support and it also showed the recognition and acceptance by all of you on the qualities of these seminars.



Medical Seminar presented by Dr. Patrick Ko on “The Story of The Pulse”

We would also take this opportunity to thank all the doctors for giving out these wonderful and informative seminars and the Adventist Hospital Health Promotion Department for arranging these seminars.

Aside from the seminars as mentioned above, we have also concluded the arrangement of two other seminars to be held in coming August and October. Details are provided in a separate page. As usual, we will support and hopefully participate in the “World Heart Day” in September.

炎炎酷暑，汗流浹背，筆如千斤重擔！

### 醫學研討會

由山度士醫生主講的 “糖尿病及代謝症候群” 剛於七月十一日舉行。在此暑假期間竟有超過六十位會友出席，加上全場熱烈的掌聲，令我們喜出望外，真要感謝大家的支持。



Medical Seminar presented by Dr. L.C. Wong and Dr. Yau-Yin Yau on “Cervical Cancer and Uterine Tumour”

我們以往舉辦的醫學研討會都大受歡迎，在此我們要再感謝主講的醫生們，與及港安醫院健康推廣部的傾力協助。

隨著於八月和十月將會有醫學講座，詳情請留意後頁之 “節目預報”。此外我們亦將如往年期望參與九月底之 “世界心臟日” 活動。

## Hospital Discounts

As most of you are aware that we do have a special arrangement with the Adventist Hospital that our members enjoy discounts on out-patients visits, check-ups and tests that are related to cardiac cases. Hospitalizations are also included but confined only to the first and second class categories. However, we find it difficult now to monitor and care for our members by the hospital particularly the members on an annual fee basis. It is then suggested by the hospital to monitor this through the birth dates of our members. So, please do the following:

- a) Call Mr. Francis Chow at 28906161 or
- b) Fax to Heart Club at 24960521 or
- c) E-mail to Mr. Ken Lo at kenlo@ken8.com

To let us know your name, your birth date and if possible your membership number as well. Should you decide to fax to us, we will provide you with a short form to fill in the necessary information for your convenience in a separate page.

So, next time, when you visit the Adventist Hospital for services in the Heart Center area, please tell them that you are our Heart Club member and provide them with your birth date as well to enjoy the discount. However, before you do that, make sure that you have renewed your membership if you are our annual member. Please note that if you are our founder member, there is no expiry date for your membership.

## 醫院優惠

大家可能沒有忘記港安醫院給予本會會員門診及有關心臟檢查折扣，住院則祇限入住頭等及二等病房才可享此優惠。可是院方要找尋會員記錄則常遇阻延，此由於會籍常有變動，尤其是普通會籍。院方要求會員我們提供各人出生日期，以便快速搜查。為此我們謹請各會員以下列任何方式把姓名、出生年月日、和會員編號(如有)通知我們，謝謝！

- a. 致電 28906161 周孝明先生
- b. 傳真至 24960521
- c. 電郵至 kenlo@ken8.com

他日如會員到港安心臟中心求診，祇要遞交出生日期及心康會會員証 / 編號。當然，如閣下為普通會員，請確定已繳交年費及持有效會員証。如以傳真通知，請填妥後頁附表傳來本會。



Ms Ruby Kwok, manageress of Health InfoWorld of HA attended our seminar.



Medical Seminar presented by Dr. Hildemar Santos on "Diabetes and Metabolic Syndrome"



Medical Seminar presented by Dr. Archie Lo on "Arrhythmia & Treatment Updates on Heart Disease"

## Charitable Organization

We have appointed P.T. Yeung & Tang, a solicitor firm to help us apply for the “charitable organization” status from the government by:

- a) Amend the memorandum of Association of our entity,
- b) Submit the application form,
- c) Follow up with the different departments of the government.

Of course, once we are given the “go ahead”, we will hold an extraordinary meeting for our members to approve of such amendments and changes before they can be finalized.

## 慈善團體申請

本會已委託楊彼得律師行協助辦理申請轉為 “慈善團體”，包括：

- a) 修改現有組織章程。
- b) 提交申請文件。
- c) 向有關政府機構跟進。

待我們收到認可通知，便立即召開特別會員大會，審議一切修改。

## Hospital Authority

As mentioned in our last Heart News, we are now in contact with the Hospital Authority (HA) to see if we can work together for the benefits of the general public.

We started to distribute to the hospitals of HA through “Health InfoWorld” notices of our past three seminars. We also invited Mrs. Amy Chan and Ms Ruby Kwok to our seminar-“Arrhythmia & Treatment Updates on Heart Disease” given by Dr. Ying-Sui Archie Lo on May 23, 2004. We were honored to have Ms Ruby Kwok, manageress of Health InfoWorld of HA to attend on this occasion. She also briefed us on the function and operation of her organization and the working relationship with numerous health groups in the territory.

We will continue with the distribution of our seminar notices to HA hospitals and hopefully more people can come to our seminars in future.

On July 26, 2004, we were invited to the discussion of the 2004-05 Hospital Authority Annual Plan. Your club, represented by Victor Lam, CEO-EMT and Peter Hung, Committee member, participated. The discussions were chaired by:-

- 1) Dr. C.H. Leong-chairman of HA,
- 2) Dr W M Ko, Director of Professional Services and Human Resources,

assisted by:-

- 1) Ms Ruby Kwok, manageress of Health InfoWorld of HA,
- 2) Dr B Cheng, Senior Executive Manager, Professional Services.

Mr. Lam offered help to the panel on few of the points as mentioned in the “Five Strategic Directions for the 2004-05 Annual Plan of HA”, namely:-

# Programs targeted on self-teaching packages on cardiac diseases and stroke.

# An information system that spans across the public and private sectors.

# More private sector information will be made available to public patients including service packages offered, price and service information, and through such channels as specific web-sites and convenient liaison points.

Mr.Hung talked about sports involvements and benefits for different volunteer groups. The meeting was attended by well over 60 people and they all expressed points of common concern and constructive in nature.

## 醫院管理局

上期心康之聲亦曾提及本會與醫管局之接觸，研究合作方式使更多大眾受惠。

我們過往三次醫學研討會的通告已派發到 ” 醫管局健康資訊天地 ” ，我們很榮幸得到 ” 醫管局健康資訊天地 ” 經理郭麗萍女士於五月廿三日應邀出席由羅鷹瑞醫生主講之 ” 心律不正及冠心病最新治療 ” 講座，會上她簡略介紹了該組織之運作及及與眾多健康團體之工作關係。

我們將繼續把研討會通告派發到醫管局，期望未來研討會有更多朋友前來參加。

七月廿六日醫管局舉辦 ” 醫管局與病友組織交流會 ” ，本會由林孝義總幹事、洪德成委員應邀出席。交流會由醫管局主席梁智鴻醫生及醫管局專業事務及人力資源總監高志文醫生主持，醫管局健康資訊天地經理郭麗萍女士及醫管局高級行政經理 -(專業事務)鄭信恩醫生協助。座上約有六十位人仕參加，大家都發表了很多公眾關注及建設性的觀點。

席上林孝義先生就 ” 醫管局 2004 至 2005 年度五大方向策略 ” 所提出下述幾點建議時，表達我會很樂意採取合作及協助態度。

- # 為心臟病及中風病之病友自我護理計劃定下目標。
- # 建立跨越公私之資訊系統。
- # 通過網上及方便聯絡點為公立病人提供更多有關私立資訊，包括服務種類、費用等。

洪先生講述他對運動的投入及運動給不同組別的成效。

## New Year Party

We are very happy to advise you that we will have our next New Year's party at the Sheraton Hotel Grand Ballroom again on January 3, 2005. A separate report will be written up by Mandy Yip, our Events Coordinator, for this event. Mark down on your calendar please!

Date: 3 January 2005, Monday

Venus: Grand Ballroom, Hong Kong Sheraton Hotel

*We desperately need helpers and volunteers for:*

1. Performance (singing, pianist, etc.)
2. Sponsors of gifts
3. Event organizing committee
4. On-the-day helpers
5. Dance instructors

*This year, Sheraton Hotel has given us a very good offer. However, the party will not be successful without your help and support. I will do my best to help in the organizing of this New Year Party, so that all members can have a happy and memorable evening. However, the party needs your support and help. If you are so kind to help in this event, please contact:*

*Francis Chow: 9189-6694 (mobile), 28906161 (home), or Mandy Yip: 9366-8394 (mobile)*

*Thanks so much!*

*Mandy (Events Co-ordinator)*

## 新年聯歡

我們欣然宣佈新年聯歡晚會已定於2005年一月三日在喜來登酒店宴會廳舉行，詳情將由本會活動聯絡主任葉文珠女士另文介紹，敬請及早記下此重要約會。

去年之聖誕晚會大獲好評，為此我們將加倍努力把新年聯歡晚會辦得更好。

日期：2005年1月3日

地點：九龍喜來登酒店宴會廳

我們極之期望更多幫助及義務工作人員能為此作出貢獻：

- |                   |         |         |
|-------------------|---------|---------|
| 1. 表演(例如歌唱、鋼琴演奏等) | 2. 獎品贊助 | 3. 活動委員 |
| 4. 現場幫手           | 5. 舞蹈導師 |         |

雖然喜來登酒店答應給我們可觀的優惠，可是您的幫助和支持將更為重要。我將全力以赴，做到最好，使大家共渡一個快樂和難忘的晚上。請勿猶豫，立即參加，請聯絡下列任何一位：

周孝明先生，手電：9189-6694，住宅：2890-6161

葉文珠女士，手電：9366-8394

萬分感謝！

葉文珠 活動聯絡主任

## Interests Groups

Based on the requests of some of our members, we are looking into the possibility of forming some interests groups like:

- 1) Travelers group,
- 2) Dance group,
- 3) Music group.

At the July 11's seminar, we touched on the possibility of arranging a "Taiwan Fly-Cruise" package and the response was very good indeed! As a result, we have decided on the promotion of such trip with the understanding that our club is not the principal in this transaction. In other words, the travel agency, "Jeena & Co., Ltd.", will be the principal who will act on our instructions for the carriers, hotels, transportations and itineraries but without liabilities to our club. Our club will not benefit or lose whatsoever in monetary terms in these transactions.

Payment will be made directly by our members to the travel agency.

Details for the trip are as followed:

### *ITINERARY - FLY/CRUISE TRIP TO TAIWAN - 6 DAYS-5 Nights*

Aug. 31 Tue - Depart by "Superstar Gemini" at 11AM for overnight sailing to Keelung. Enjoy a wide choice of facilities including 5 delicious meals provided on board.

Sep. 01 Wed - Arrive at Keelung at 4PM and proceed to Jiu Fan for sightseeing. After dinner in a local traditional restaurant with famous signature beef noodle served, check in Caesar Park Hotel in Taipei (5 star) at about 9.30 pm.

- Sep.02 Thu - After breakfast, depart by bus at 9:30AM for Nan Tou via Taichung with lunch at a tourist spot en route. Arrive Nan Tou at about 4:30PM and check in Shangri-la Hanging Garden and Resort Hotel located in a mountain with European atmosphere which makes you feel as if you are in the Alps. Dinner in the hotel with choice of European cuisine and Taiwanese food. The hotel will provide you with various activities at night to make your stay memorable.
- Sep.03 Fri - After breakfast, you will be offered activities including bicycle riding through the unspoiled forest and taking a close view of the mountains and birds through a deluxe telescope etc. Check out the hotel after lunch and transfer to Sweden Holiday Hotel just a few blocks away to enable you to experience the Scandinavian style of living. Its highest PUB in Taiwan will let you enjoy a real leisure time after dancing with the nature in the morning. Dinner will be served in a traditional restaurant in the hotel.
- Sep.04 Sat - Depart at 9:30AM, after breakfast, by bus returning to Taipei with lunch en route. At about 4:30PM, check in the Caesar Park Hotel. Take advantage of the hotel facilities. At 7pm, the bus will take you to the night market for sightseeing and dinner. At 10pm, the bus will take you back to the hotel. Those who want to continue enjoying their night life i.e. karaoke or ballroom dancing etc have to make their own arrangements for transportation back to the hotel.
- Sep.05 Sun - After breakfast, whole day at leisure till 5PM. Then leave the hotel by bus to the airport for departure by Dragon Air for Hong Kong.

Tour price : HK\$3,662.- per person sharing a twin room.

~~The price~~ includes-

1. Cruise HKG/Keelung with upgraded ocean view cabin & full meals on board.
2. Hotel accommodation for 2 nights in Taipei and 2 nights in Nan Tou with daily breakfast.
3. Transportation pier/hotel/airport, Taipei/Nan Tou/Taipei.
4. Tour in Jiu Fan and Taipei night tour with tour guide.
5. Port charge and departure tax

The price excludes:

1. Meals other than breakfast will be on "go Dutch" basis, i.e., lunch and dinner in Taipei and Nan Tou.
2. Expenses of personal nature.
3. Tips to tour guide/driver are not compulsory.

We have been allotted only 10 rooms accommodating 20 people. So please register your names as soon as possible to avoid disappointment.

For registration, please contact Francis Chow at 2890 6161.

Please book early so that the travel agency can help you on the application of the necessary visa for Taiwan. However, both the club and the travel agency will take no responsibility for any consequences caused by the refusal of visa into Taiwan by the authorities.

This is a tailor-made package tour and is not available in the markets.



Shangri-la Hanging Garden



Sweden Holiday Hotel



Caesar Park Hotel

## 興趣小組

應部份會員要求，我們正研究可否成立一些興趣小組，包括：

- 1) 旅遊組
- 2) 舞蹈組
- 3) 音樂組

於七月十一日研討會上，我們曾提及安排“台灣海空之旅”，獲得熱烈的反應，因此我們決定繼續跟進。要再強調的是本會並非旅遊單位，我們將委託旅行社安排一切行程、交通、酒店、導遊等。此次將由“Jeena & Co., Ltd.”負責主辦，該公司將依照我們的要求，安排一切，本會將不負任何責任，而本會亦不會有任何盈虧。一切費用將由參加團員直接繳交予旅行社。

### 行程 --- “台灣海空之旅”--- 六日五夜

- 8/31 星期二：11.00 am 乘“雙子星號”郵輪出發，直航基隆港。船上可享用各樣設施及五餐豐富美食。
- 9/1 星期三：4.00 pm 到達基隆，隨即前往“九份”觀光，晚餐於當地著名酒家，餐後轉往台北市凱撒大飯店（五星級）。
- 9/2 星期四：早餐後，9:30 經台中車往“南投”，午餐於途中旅遊名點，下午4:30 抵達南投，入住香格里拉空中花園酒店，該酒店乃歐陸式，坐立於半山，而週圍環境，令你如置身於阿爾卑斯山區，晚餐於酒店內，品嚐歐陸或台灣地道美食，晚上舉行各種娛樂活動，令你盡歡後安寢。
- 9/3 星期五：早餐後，你可參加各種活動，如腳踏車，穿梭原始樹林，或用遠程望遠鏡，觀賞山中美景及各種飛鳥。午餐後，搬往同區的另一酒店“瑞典渡假酒店”，給你一個北歐的環境，早上與大自然擁抱後，下午可在稱為全台灣最高的酒吧間談，奕棋或撲克等，晚餐於酒店餐廳內，品嚐北歐美食。
- 9/4 星期六：早餐後，上午9:30 乘車回台北市，及途中景點午餐，下午4:30 入往凱撒大飯店。晚上7:00 車往市區夜市場晚膳及購物，約10:00 回酒店。你亦可約三五知己，繼續夜遊，如 karaoke 及練習交際舞等等，但你要自行安排交通回酒店。
- 9/5 星期日：早餐後，全天自由活動至下午 5:00，車往機場，乘港龍機返港。

團價：每位 HK\$ 3,662.- (2 人1房)

- 包含：
- 1) 郵輪升級海景房及早午晚餐及宵夜。
  - 2) 2 晚台北酒店及 2 晚南投酒店包早餐。
  - 3) 碼頭 / 酒店 / 機場 接送及台北 / 南投 / 台北 車程。
  - 4) “九份” 觀光及台北夜市漫遊。
  - 5) 港口費及離境稅。

- 不包含：
- 1) 午晚餐自費或平均攤分。
  - 2) 各類私人費用，如旅遊保險及餐酒等等。
  - 3) 導遊及司機小費可隨意賞賜。

由於酒店配額祇有十間雙人房，故名額祇限二十人，為免向隅，請速報名登記，請即與周孝明先生聯絡，電話 2890 6161。

旅行社可協助辦理入台簽證，但如因特殊或任何理由未獲簽證，俱與本會或旅行社無關。

此團乃特別設計，與一般市面的旅行景點完全不同。

## **Seminars Coverage**

We have now coverage of the seminars that we organized in our library but it is really exhaustive and expensive to produce such records.

However, in order to provide the incentive and privilege for our current and potential founder members, we will make available to them for their own reference such records covering any two of the seminars taken place this year.

## **研討會錄影**

本會大部份研討會都有錄影，並存入資料庫。如要製成影碟將要大量資源。為了報答各永久會員一直以來的支持，我們準備送給每位兩套本年研討會之影碟，詳情將另行通知。

## **Volunteers**

We need volunteers in various areas of our club's activities but none more so important than our "Care & Concern" group. In the past, we do have difficulties training up people to perform this particular function.

However, after talking to Ms Ruby Kwok, we can now call on HA for the help to train our people in this area. So, please come forward and be counted for this worthy cause. Simply get in touch with us.

## **誠徵義務工作人員**

我們急需義工擔當各類活動，而最要莫如 "關懷小組"，我們一直為培訓適當人員而煩惱！

而今我們已得到醫管局郭麗萍女士答允協助，可以為我們的義工安排培訓。坐言起行！請為此義舉而即與我們聯絡。

## **Heart News**

We also came across comments from our members that we should print out Heart News more frequently. However, we are very short of people and would appreciate that you can come forward and help us in the editing of this publication.

## **心康之聲**

很多會員投訴 "心康之聲"，認為發行次數應較頻密。可是我們工作人員實在太少！我們需要增加編輯及出版人員，當然包括閣下。來吧！



# COMMING EVENTS 節目預報

免費



## Allergy and Asthma Care 敏感及哮喘治療

PRESENTATION BY Dr. Adrian Y.Y. Wu

鄔揚源醫生主講

22nd August, 2004 (Sunday) 2004年8月22日(星期日)

Venue: World Trade Centre Club Hong Kong

地點：香港銅鑼灣世界貿易中心會所

Time: 3:00 p.m. ~ 6:00 p.m. 時間：下午3:00~6:00



## Spinal and Common Othopaedic Problems 脊椎及常見骨科問題

PRESENTATION BY Dr. Julian Chang

張維醫生 主講

17th October, 2004 (Sunday) 2004年10月17日(星期日)

Venue: World Trade Centre Club Hong Kong

地點：香港銅鑼灣世界貿易中心會所

Time: 3:00 p.m. ~ 6:00 p.m. 時間：下午3:00~6:00

Please complete the form below for updated membership information and fax to 2496 0521.

請填妥下列最新資料回條，以傳真傳至2496 0521

Name 姓名: (Mr.先生 /Miss 小姐 /Mrs.太太 /Ms 女士) \_\_\_\_\_

Date of Birth 出生日期: Y年\_\_\_\_ M月\_\_\_\_ D日\_\_\_\_ Membership No. 會員編號: \_\_\_\_\_

Address 地址: \_\_\_\_\_

Telephone 電話: \_\_\_\_\_ Fax 傳真: \_\_\_\_\_ e-mail address 電郵: \_\_\_\_\_

Producer 製作: EMT of H.E.A.R.T. Club 心康會幹事會

e-mail address: [kenlo@ken8.com](mailto:kenlo@ken8.com)

web-site: <http://come.to/heartclub>

20<sup>th</sup> Floor, Capitol Centre, 5-19, Jardine's Bazaar, Causeway Bay, Hong Kong.

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