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編輯

紅絲帶刊物工作小組


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我在SAC走過的七年

Esther CHOI 

「愛滋寧養服務協會」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關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關顧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。

我在協會已工作了七年頭，我的工作，主要是負責服務隊內的病人個案統籌及服務發展的工作，每天與工作團隊為每個的愛滋病個案努力，我們與病友共同進退，沒有其他的，只希望在這愛滋病復康的路上，扶他們一把，使他們重新站起來，即使遇上困難但仍有力走下去。

我們的團隊出入醫院，探訪病人家中，甚至我們陪伴他們走人生最後的一段路！而很多的病人會友，與我們建立了一份很深的情，不只一個會友對我說：這裡是我的家，你們是我的親人！但由近年愛滋病友越發加增，而政府投入的資助，並沒有按疫情增加，我們舉辦的活動，不能全部滿足他們的需要，每次以抽籤去決定參加者，因此，很希望政府可以進一步增加愛滋病服務的資助，令更多有需要的病患者，可以得到服務。

與愛滋病會友同行的七年中，有喜亦有悲，既盼望亦無奈...

最開心的是眼見會友們的健康得以改善、透過母嬰阻斷計劃中的嬰兒得以健康及平安地誕下，並且沒有受到母親的病毒感染、會友們的家庭成員能接納他們，共渡幸福快樂的每一天。然而，最傷心的是眼看年青人不敵病魔而離世；最悲痛的是很多愛滋病會友活在羞愧的陰影裡，不能原諒自己及他人，悲慘地活在抑鬱下。

慶幸現今的藥物已能有效地控制病況，祝願根治愛滋病醫療研究盡早成功，讓飽受病魔煎熬的會友得以全面康復！

編者按：

12月1日是「世界愛滋病日」，這天旨在提高公眾對HIV病毒引起的愛滋病在全球傳播的意識。訂為12月1日是因為第一個愛滋病病例是在1981年此日診斷出來的。從此，愛滋病已造成超過兩千五百萬人死亡...其中約有57萬人是兒童。*

祝願每個在不同崗位服務的同工，在新的一年里重新抖擻精神、繼續在預防和治療等工作中努力，同抗愛滋。

*資料來源：維基百科



Three Friends Trilogy

Dr. F Wong 

As an AIDS worker with a special interest in HIV prevention and health promotion, I have been spending a lot of time and efforts promoting safer sex, early HIV testing and HIV treatment and care in my daily work. Apart from the fact that the job is important from the perspective of public health, it also carries some personal meanings for myself due to my fortune of being a friend of three lovely people.

Him – from Indulgence to Health

I still remember the day when Arthur called years and years ago, after having lost touch with him for almost three months. He told me that he had been diagnosed HIV positive and had been back to New York to be with his family. That was the pre-HAART era so he was in a lot of despair. However, that had not prevented him from being a loving and caring person. Among all the things he said, he asked me whether he should try to inform all his sex partners and urged them to go for HIV testing. To that I responded with a firm “Yes”. Years passed with occasional news from him, followed by almost six years of no news from him until one day when he just appeared out of nowhere, looking as healthy as anyone could ever be. I was dumbfounded and silly enough to tell him that I thought God had taken him already. His response was, “Well, you know. Many people posted comments or sent me messages on my FB profile saying that I really looked like a friend of theirs, who must have passed away already. And I would say to them – it is me, back from Heaven!” So typical of Arthur! Now, being a firm believer of healthy lifestyle and a yoga instructor, he keeps reminding me to learn yoga by sending me clips of him achieving all those incredible yoga poses.

Him – from “Sexercise” to Exercise

A man of wisdom and a mouth full of witty words – that is how I would describe Billy. Nothing much has changed in that. However, there is still some transformation which I have witnessed over the years since he was first diagnosed HIV positive. Before his diagnosis, he smoked heavily, binge drank and basically led a sedentary lifestyle. He used to say that the only exercise he would ever do in his life time would be “sexercise”. When he was diagnosed HIV positive, he immediately started his “market research” on which HIV clinic would provide the best HIV treatment and service, and I was naturally consulted as an “insider” for expert advice. I could only say that even in those usual hours of despair for most, he still exercised his rights of consumer choice to the fullest. Then I started to see him appearing at the swimming pool regularly, not for sunbathing, but rather for some serious swimming. He now has a

body shape which many of us unfit people would dream of having. I guess he still has his deserved share of “sexercise” but somehow regular exercise and healthy diet have become his mottos.



Him – from Life to Heaven

Calvin was a great family friend and loved by everyone in the family. He had the best and kindest heart and I will always remember him as a dearest friend. He was diagnosed of HIV by a common doctor friend and was counseled and advised to go for treatment. Unfortunately, he decided to take on the battle all by himself and insisted that none of his friends should know. All his friends were very concerned but he would tell us that he had already undergone medical tests and treatment. However, the fact was that he never attended for treatment. Then came one Christmas when we could not contact him for festive celebration and subsequently found him dead in his own apartment. That was the worst Christmas which my family has ever spent. Despite the advances in medical treatment, he had made a choice of not receiving treatment. His decision had pained us deeply, even to this day. But as I had written in my sharing – “You were part of the family. We all love you. With your kind heart, I am sure you are in better hands now. Please rest in peace. You will always be in our hearts”, he will always be remembered and missed.

The stories of my three friends have touched my life personally and provided solid reasons for me to firmly believe in the importance of HIV prevention, treatment and care. I wish, with the efforts of everyone involved in the response to the HIV epidemic, none of us would lose another beloved family member or friend because of HIV/AIDS.

Note: I have used pseudonyms for my three friends for privacy consideration.

金秋之旅

北疆行

曉晴

西遊記和金庸武俠小說中的人和事，你一定耳熟能詳。「唐三藏取西經」、「天山雪蓮」、「香香公主」、「崑崙劍法」，這些名字都曾經出現在中國西域地帶——新疆。橫貫新疆的天山，連綿2500公里，將南北疆分隔，天山以南屬南疆，天山以北為北疆。

遊絲綢之路，是我多年的夢想。今年秋天，適逢其會，北疆之旅終於可以實現。我的一位朋友說：「如果一個人趁有健康、有金錢、有時間的話，可以身體力行，到五湖四海遊歷，是多麼的幸福啊！」不錯，如果能與三五知己，或身邊愛侶同行，更是一件賞心樂事。



九月中的北疆，秋意漸濃，早晚溫差較大，氣溫由攝氏二度至廿八度不等，四季衣裳隨身帶備，否則很容易着涼。從深圳飛烏魯木齊，需時五個鐘。甫一到埗，即感受到一股異族風情。新疆是多個少數民族聚居的大融爐，有能歌善舞、輪廓分明的維吾爾族人，有樂天知命、以遊牧為生的哈薩克族人，有深居山野、在馬背上長大的圖瓦族人，還有蒙古族和回族等等少數民族，他們都能和睦共處，熱情好客。

新疆地大物博，農產品豐富。大大棵的禾田紅棗，清甜爽脆的哈密瓜，香甜多汁的伊寧蘋果，各式各樣的乾果和香料，熱辣辣的新疆烤餅（囊餅），還有色彩斑斕的絲巾和小花帽，真是令人目不暇給。



「天蒼蒼，野茫茫，風吹草低見牛羊。」新疆的大漠草原風光隨處可見。綠草如茵的那拉提大草原，巴音布魯克的天鵝湖，波平如鏡的喀納斯湖，萬山遍野的落葉松，金光閃閃的白樺樹林，可可托海放牧的牛、羊、馬群，戈壁沙漠上趕路的駱駝群；還有...中國西北以西最美麗的村落——禾木村，在雪山和河流的環抱下，一幅幅如詩如畫的仙境，盡入眼簾。轉眼間，十三天北疆之旅完滿結束，新疆一切美麗景象，都深深印記在我腦海中。回到香港，抖擻精神，重新開始以往每天的工作。

是次北疆之旅，使我體會至深。天地之大，萬物之博，人類其實是非常渺少的。如果一個人能夠放開懷抱，盡情享受生活，關心你身邊的人和事，那麼...很多煩惱和不如意的事情都能迎刃而解。



解開心結

一個人的一生，總會遇到許多不如意的事。人生並不是一帆風順、完全美好的。問題是，當你面對種種打擊，你應該如何去面對？是自哀自怨、埋天怨地？還是接受既成的事實、勇敢地站起來？接受教訓、重新振作起生存的意志，和困難、病魔作頑強的鬥爭！

當初我聽到自己感染了HIV，晃如當頭一棒，十分震驚！心中就像是被判了死刑，好像到了世界末日！絕望、羞愧的心情，不是筆墨可以形容。後來，在醫生、護士們和親友們的開導之下，明白了這是一個既成的現實。我心裡雖然不開心，但日子還是要過下去，總不能學那些逃避的懦夫去自殺。

我選擇了面對頑疾的挑戰，堅決和HIV戰鬥到底！於是，我遵從醫護的教導，準時服藥、堅持運動，注意養生、保持

心神健康。我的生活已不再悲傷哀怨，生活充滿了美好的事物、溫暖的人情。我還利用這些時間，學習電腦、英語、太極拳，生活得非常充實、愉快！

我能做到的，你們一定也可以。親愛的朋友，挺起胸膛，一起來接受生活的挑戰！

編者按：

「我的生活已不再悲傷哀怨...」這位「過來人」從「悲傷哀怨」的苦海中走出，找到生活裡美好的事和情！這是多麼的教人嚮往！更重要的是，「過來人」的親身經驗告訴大家：「我能做到的，你們一定也可以。」還等甚麼？何不把心結解開、踏出悲哀、轉向親近「充實」和「愉快」吧！

紅絲帶 Red Ribbon

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徵稿

歡迎任何人士藉不同形式投稿，
如文章、漫畫、短詩等等，
抒發感受、分享經驗、傳達關懷。

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