

# Health & Home Care

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## VOLUNTEER WITH FAMILY AND FRIENDS

### Volunteer with Friends

Babe Bailey is a lively and cheerful woman; when you talk to her, you instantly feel welcomed by her. She and her friends, who volunteer as a group from the Vancouver Shaughnessy Lions Club, have been volunteering for the Meals on Wheels program for more than fifteen years. She regularly works five days a week but still sets time aside during her busy week to help with Meals on Wheels.

Babe finds her Meals on Wheels volunteer experience is quite different from other volunteer opportunities. She appreciates the direct contact and communication with the meal recipient each time she delivers meals and is very content when she sees the smiling faces of the elderly. Babe's strongest motivation for volunteering with Meals on Wheels is the meaningful contact and connection she is able to establish with the seniors she visits. Over the past few years, Babe and her friends from the Lions Club have established a deep affection with the elderly they serve.

There is one very special moment that Babe will always remember. She often delivered to a very quiet lady who wasn't overly friendly; Babe was always struck by her stoic nature. Her face rarely betrayed any emotion. But one day, when Babe was delivering a meal to her, she not only congratulated Babe on her birthday but also secretly made a birthday cake for her. Babe was overjoyed by this and realized that though this client might have difficulty expressing her love for others, all the emotions were hidden in her heart.



*Babe Bailey, a Meals on Wheels client, and another Vancouver Shaughnessy Lions Club volunteer.*

Babe also distinctly remembers the sadness when she hears of a long-time recipient's death. She always feels sad when she hears of this, because she cares for each of her Meals on Wheels recipients so much. When asked if she would continue to volunteer with Meals on Wheels after the fifteen years of service, she confidently replied she would. "I hope I will be able to serve more elderly. It's an extraordinary life experience that will bring my life abundance. I will always stick to it!"

### Volunteering Brings Mother and Daughter Together

When you meet Edith and Catherine, the first thing you are immediately struck with is their warmth and concern for others. After 22 and 5 years respectively volunteering with Meals on Wheels, they still exude passion for making a real difference in their community. The second thing you notice is their devotion to each other. They love being able to spend time together each week while also helping Meals on Wheels recipients remain safely in their own homes. For Edith and Catherine, it's a win-win situation without a downside.



*Edith and Catherine.*

Edith specifically remembers a client named Bill whom she delivered to for years. Every week, they'd chat and catch up on the week's news. Once Bill had to move into a residential care facility, Edith and her husband would visit Bill to ensure he always had company. After Bill passed away, his son sent Edith a letter thanking her for the difference she had made in his father's life. Just  
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a small conversation can be so meaningful and being a Meals on Wheels volunteer can truly have a positive influence on both the client and volunteer's life.

Both Catherine and Edith speak lovingly about the clients they get to know and the time they get to spend together every week. Volunteering as a team is a great way to build a close relationship with a family member or friend, while also having a positive impact on your community.

Without the dedication of volunteers like Babe, Edith, and Catherine, Care BC would be unable to continue to offer our Meals on Wheels service. Thank you to each and every volunteer. No matter how long you've been volunteering, you've made an impact on the life of someone in your community.

**If you know of someone with a desire to make a difference, please encourage them to contact Jacquie Gallivan ([gallivanj@carebc.ca](mailto:gallivanj@carebc.ca) or (604) 733-9177 ext 107) for more information on how they can become a part of the Meals on Wheels volunteer family!**

## NEW BAGS FOR CHINESE MEALS ON WHEELS

This past month, we introduced new environmentally-friendly thermal bags in our Chinese Meals on Wheels program. It's part of our commitment to ensuring that our Meals on Wheels deliveries have as little impact on the environment as possible. The new bags keep our Chinese meals hot until they are delivered to meal recipients and because we can fit more meals into each bag, they help make our volunteers' job easier. We are proud to do our part to help keep Vancouver and Richmond green.



## SAVE THE DATE – DINNER AND AUCTION

There's still time to purchase your tickets for our 7th Annual Meals on Wheels Dinner and Auction! Our dinner takes place on October 15th, 2015 at the Victoria Chinese Restaurant (1088 Melville Street, Vancouver). The evening includes an 11-course Chinese dinner, auction and the opportunity to support Meals on Wheels at a fun event. Doors open at 6pm so you'll have lots of time to check out our exciting auction items. Tickets cost \$80 a person and include a \$50 charitable tax receipt. Tickets can be reserved at [www.carebc.ca/meals-on-wheels-dinner](http://www.carebc.ca/meals-on-wheels-dinner) or by calling Sheila at (604) 733-6614. We look forward to seeing you there.



## BOOKING FLU CLINICS

It's already that time of year again! While we might want to believe that summer will never end, flu season will unfortunately soon be upon us. We are now in our 19th year of offering workplace flu clinics. All proceeds from our clinics support our charitable programs including Meals on Wheels and the Family Respite Centre. We also offer free flu vaccinations for our volunteers to help protect our clients from the flu. For more information on our vaccination programs, visit [www.carebc.ca/workplace-flu-clinics](http://www.carebc.ca/workplace-flu-clinics) or email Yvonne at [flu@carebc.ca](mailto:flu@carebc.ca).

## KUDOS TO OUR MACAULAY CLUB

*Thank you to the following organizations who joined our Macaulay Club between May 14th, 2015 and Aug 21st, 2015 by making a donation of \$500 or more to our charitable programs.*

- Andrew Mahon Foundation
- Great-West Life Assurance Company
- Healthcare Benefit Trust
- Pacific Blue Cross
- The Wolrige Foundation

We would also like to thank our individual donors and program partners (Fair Haven United Church Homes Society, the Vancouver Foundation, St. George's Place Society and Vancouver Coastal Health), and acknowledge the financial assistance of the Province of British Columbia.

If you or your company would like to support one of our charitable programs, please call 604-733-6614 or donate online at [www.carebc.ca/donate](http://www.carebc.ca/donate).

# 卑詩衛生及家居護理會

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## 義工送餐滿溫情

### 與友同工

Babe Bailey 是一位活潑開朗的女士，與地傾談，會令你有一種輕鬆愉快的感覺。她與她的義工朋友們在 Care BC 當送餐義工已經有15年的時間，她們全都來自溫哥華 Shaughnessy Lions Club的。



Babe Bailey 和團員與食餐者合照

她們多年來參與過不同的社區工作，當中為她們帶來無限的滿足和快樂。而「送餐服務」是她們持續參與而沒有間斷的義工工作，個中原因，也許是多年來已經種下一種放不開的情義。

特別是Babe Bailey，這份義工對她來說具深厚意義，雖然一星期工作五天，但她仍堅持向公司請半天的假，目的是為了參與這份「送餐」工作。

Babe Bailey 覺得這份工作不同之處，是每當送餐的時候，可以與食餐者有一個直接溝通的機會。每一次看到那些受惠的公公婆婆開心的笑容，是她參與這份義工最大的動力，每一次的接觸，每一次的問候，都是關係的建立。就這樣，多年來她和她的義工團員們與那一群食餐的公公婆婆建立了深厚感情。

在過去15年中，她分享到這份工作帶給她有不同的感受，有苦、有樂、有喜、有悲……。首先，有些時候當送餐遲了，有些老人家會責罵你，Babe 說當初非常之難受，不過，當冷靜下來，體會到這些老人家，可能也不是刻意的行為，又沒有放在心上了。另一方面，有些公公婆婆總是和藹可親，待她如親人一般，這令她感到非常欣喜的。Babe記得有一個經歷：一位沉默古肅的老婆婆，不說話，沒表情，她們常常打開話題，但婆婆依然冷漠，沒有甚麼的交流或反應，不過，有個好大的驚喜，就是Babe有一年生日，不知道這位婆婆會如何知道，不但恭喜她生日快樂，還偷偷弄了一個生日蛋糕送給她，這真叫Babe喜出望外，原來婆婆就是一個不懂表達愛的老人家，將所有情感都藏在心內，表面好像拒人於千里，但內心卻熱情關心，一方面，Babe知道她是何等的寂寞，因表達障礙而將自己孤立，而另一方面，卻熱切需要愛，這也是很多獨居老人的實際狀況。在過去工作中，最難過當然是送餐中接獲有些公公婆婆突然去世的消息，每一次都非常難過，Babe說這真是個情感的考驗。

這份「送餐義工」當了15年，問Babe會繼續下去嗎？她肯定地說：「我希望可以為更多的老人家服務。這個不一樣的人生經歷，讓我的生命變得更有意義！我會一直堅持下去的！」

### 送餐工作將母女關係拉得更密切

Edith和Catherine參與Care BC的送餐服務已經有22及5年的時間，直到今天，看到他們，仍然可以感受得到他們對社區服務的熱情和喜悅。重要的是，大家彼此關係建立就源於此。每星期這段時間，一起送餐、一起午飯是她們最喜歡的活動，同時也是母女建立關係的鑰匙，對Edith 和 Catherine 來說，這是個雙贏的局面。

Edith是一名退休銀行職員，同時亦在Care BC 當了22



Edith 與 Catherine

年的義工。以往，她經常在夏天，與她的孫女們一同參與這個服務。到現在，她仍感謝過去多年來藉著送飯時間使他們的關係更密切。就好像Edith 和 Catherine習慣每個星期送餐之後都會一起共進午飯，並互相傾談了解彼此近況。

Edith 在 Mount Pleasant地區當送餐義工已有20多年，她遇過的受惠者很多，當中有許多人對她生命起了重要的影響。Edith特別懷念一位名叫Bill的老人家，Bill一直以來都向Care BC訂餐。而每個星期Edith都會和他聊天和談論時事新聞等等。直至一天，當她知道 Bill要送到護老院的時候，Edith 和她的丈夫都特別去探訪他，了解他在護老院的情況。不久，Bill去世後，他的兒子發了一封感謝信予她們，感謝Edith多年來對他父親的關顧，Edith發覺原來每一次只是小小的傾談就可以有這樣深遠的影響；這正正是送餐義工對受惠者的生命影響。

Edith 與 Catherine 認為當這送餐義工的工作是喜樂無窮的，他們每星期一起的送餐同伴，不單帶給長者幫助、建立彼此關係，同時亦對社區有需要之人仕，付出愛心關懷。

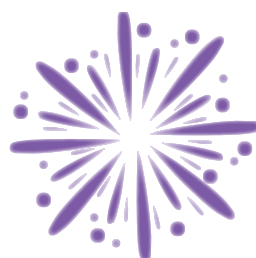
如果沒有像Babe、Edith或 Catherine的奉獻精神，Care BC 的社區工作將無法繼續。我們感謝每一位義工。無論你參與的時間多少，你所做的，對社區將獻出積極的影響。若你或你的朋友想參與送餐義工工作，請與Jacquie Gallivan聯絡；電郵：[gallivanj@carebc.ca](mailto:gallivanj@carebc.ca) 或欲了解進一步有關訊息，請電（604）733-9177內線107。

## 全新環保中式送餐保溫袋

我們在剛剛過去的7月份，推出全新環保中式送餐保溫袋。這是我們對社區環保的一個承諾。全新中式環保送餐保溫袋優點多多；除保溫時間較長外，袋內空間比以前闊大可剩載更多餐食。這不單令食餐者可享受熱騰騰的食物，而且亦輕省了送餐義工的來回運送工作。我們很榮幸能盡其所能，以幫助保持溫哥華綠色環保意識。



## 第七屆「CARE BC送餐服務」籌款晚宴



請一同參與這一項關愛大行動，購買餐券支持第七屆「Care BC送餐服務」籌款晚宴！晚宴將於10月15日(星期四) Victoria Chinese Restaurant 悅海大酒家 (1088 Melville St, Vancouver) 舉行。餐券每位\$80 (\$50元可獲退稅收條)。當晚除豐富晚餐外，更有精彩現場拍賣及抽獎，必定令你做善事之餘，亦滿載而歸。購票或查詢，請到網站[www.carebc.ca/meals-on-wheels-dinner](http://www.carebc.ca/meals-on-wheels-dinner)或致電（604）733-6614 與Sheila聯絡。我們期待著您的到來。

## 預訂流感疫苗注射

夏天將會結束，而流感季節很快會降臨。大家必須及早做好預防措施，迎接流感季節。我們提供流感疫苗注射已有19年經驗，專業的註冊護士團隊非常嚴格遵行所有加拿大衛生和安全標準。我們提供的流感注射之收益將用作支持Care BC家庭暫托中心及義工送餐服務運作之用。欲了解更多訊息或預約流感疫苗注射，請到我們健康服務流感網站<https://www.carebc.ca/workplace-flu-clinics>或電郵 [flu@carebc.ca](mailto:flu@carebc.ca)與Yvonne Li聯絡。

## 歡迎 KUDOS 加入MACAULAY CLUB

感謝以下商號在2015年5月14日至8月21日成為我們 Macaulay Club成員(捐助超過\$500元或以上)，幫助Care BC各項社區服務。

- Andrew Mahon Foundation
- Pacific Blue Cross
- Great-West Life Assurance Company
- The Wolrige Foundation
- Healthcare Benefit Trust

同時亦感謝我們以下的項目伙伴：包括：Fair Haven United Church Homes Society, The Vancouver Foundation, St. George's Place Society, Vancouver Coastal Health.

若貴公司 / 商號願意捐助支持Care BC 各項社區服務，請電(604) 733-6614，或網上捐獻[www.carebc.ca/donate](http://www.carebc.ca/donate)。