



Health & Home
CARE
Foundation of BC



Meals on Wheels
送餐服務

Vancouver
溫哥華



Richmond
列治文

2020年11月

讓這個節日變得更有意義，更溫暖！

轉眼已到2020年尾，聖誕節也快將到來，今年是一個不一樣的年份。由年初開始，新冠病毒蔓延全球，世界社會各階層面對不同挑戰，很多人需要生活在新的模式中，特別對於一些孤單老人和長期病患者，疫情對他們來說影響尤為嚴重。儘管如此，卑詩護理會仍然維持「送餐」這個必須服務，我們感謝在這挑戰時刻所有參與送餐的義工們，沒有這群**前線英雄**，我們工作是無法運作的。



我們很高興一些熱心的朋友在疫情期間，選擇加入送餐行列來回饋社會。好像Addie 和他的員工們，正當三月疫情非常嚴峻的時候，選擇了加入卑詩護理會的送餐行列，他們都來自同一所科技公司，由Addie 帶領下，員工們都在這具挑戰時刻投入送餐服務。Addie 是這所科技公司的負責人，兩年前由愛民頓Edmonton 移居溫哥華，他表示自己是一名基督徒，希望將愛心散播社區。就是因為疫情關係，困在家中上網尋找義工機會的時候，就被Care BC 的送餐工作吸引，他還邀請其他員工包括 Jeff L., Jeff N. 和 Brian一同參與。當問他們為甚麼選擇送餐服務時，他們分享說：**每一個人都會經歷“老”，而老人群體通常是被社會普遍忽略的一群，因為他們在年青的時候都為社區供獻了自己，建立了今日我們享用的資源及生活，所以他們是藉得我們尊敬的。**另外，他們部分人都是早年移民到加拿大，每逢節日，都會想念家鄉的親人，特別是爸爸媽媽，就好像中國人有一句俗語：[每逢佳節倍思親]。當然，在另一方面，他們更會了解到獨居長者的孤寂及無奈。



另外，像 Lisa和Paolo一樣，在疫情時加入送餐行列。他倆是電影製作人及藝術教育者，以往一直尋找回饋社區的方法，他們熱愛送餐工作，不過最初認為不能參與是因為他們沒有車輛；但後來意識到可利用他們的單車用來送餐，最終他們在疫情時投入服務。Lisa 和 Paolo非常享受與社區的互動，因此利用單車送餐確實是一個絕佳接觸社區的機會。Paolo 分享說，**送餐服務是非常神奇的體驗，不僅可以使人與人接觸，而且可幫助食餐者的安全檢查，這是非常令人振奮的。**Lisa 和 Paolo

認為自己是送餐服務的忠實擁護者，將會一直支持這項不一樣的服務。

今年Addie 和員工們，Lisa及Paolo加入了我們送餐行列，而卑詩護理會的送餐工作為社區服務超過50年，Addie 分享說**聖誕節是一個普天同慶的日子，當我們可以與家人歡樂相聚的同時，我們須要關顧那些孤單群體。當我們擁有加拿大幸福快樂生活的同時，更加須要回饋社會。**

我們衷心希望您能夠在這個節日裡送出一份禮物予社區，以支持我們對獨居長者的關愛服務。捐助卑詩護理會送餐服務，讓我們可以持續將關愛送到那些弱勢的長者身上，讓這個節日變得更有意義，更溫暖！

謝謝您的支持！ 祝節日平安，健康及愉快，並祝2021年萬事如意！

Health & Home Care Foundation of BC

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Meals ON Wheels
Vancouver ✨ Richmond

November 2020

Giving is even more IMPORTANT this holiday season!

We are hoping the upcoming holiday season brings a joyful end to an uncertain year that many of us will be happy to leave behind. The COVID-19 pandemic created additional hardship for people, many of whom were already struggling with illness and isolation.

The Health and Home Care Society of BC (“Care BC”) is extremely grateful for the support we received during this unprecedented year. Care BC’s Meals on Wheels programs continued to meet the essential needs of our clients with the support of our committed team of meal delivery volunteers – *our frontline heroes!*

We appreciated the many volunteers who were motivated to give back because of the pandemic. Lisa and Paolo - filmmakers, arts educators, and community activists – decided to lend a hand when the pandemic shut down some of their in-person work.



Paolo says *“it’s almost magical – not only is it very satisfying to deliver meals on bikes, there are so many other ‘layers of goodness’ – increasing food security, combatting social isolation, and performing an informal safety check”*.

Lisa and Paolo now consider themselves “BIG BIG” fans of MOW and appreciate how they were able to feel connected to their community by volunteering.



Addie (R), and his employees (l-r) Brian, Jeff L. and Jeff N., found themselves in a similar situation. As business slowed, they wondered what they could do to help out during the pandemic. They chose to support seniors in the Chinese MOW program. *“Getting older is something we will all experience, but I find that elderly are a forgotten group in society,”* says Addie. *“The lives we enjoy today are only possible due to the contributions from the older generations.”*

As immigrants to Canada, Addie and his team are particularly aware of “what it’s like to feel a little lonely during holidays and festivals without our families in town. It’s even worse now with COVID-19 restrictions.”

Lisa, Paolo, and Addie feel passionate about taking care of their communities. Lisa and Paolo say *“we have been given a lot in our lives for which we are extremely grateful. But you also have to do your part to replenish the system”*. Addie is looking forward to the holidays because *“Christmas is a time to celebrate and to give. Giving is more important than receiving. A little bit of your time makes a HUGE difference in the lives of others”*.

Addie, Lisa, and Paolo are part of an even larger community of Care BC supporters – volunteers and donors who give financially to ensure that MOW continues to serve those in need. Care BC subsidizes the cost of all meals to keep them affordable for seniors on fixed incomes. We thank everyone who provided assistance to our charitable programming this year.

Now more than ever, Care BC and our dedicated volunteers ask that you **PLEASE** consider making a generous gift this holiday season to support and help isolated, homebound seniors in our community.

Thank you for your support!

We wish you a healthy, happy, and safe holiday season. Best wishes for 2021!

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