

Health & Home Care

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‘LETTERS’: AN EXCITING PARTNERSHIP WITH DRAMAONEVAN

*A love so deep that is hidden within
A bond between parents and their children
A feeling so intense that can never be erased
A pile of love letters that cannot be sent ...*



The Health and Home Care Society of BC is extremely excited to announce our partnership with DramaOneVan on *Letters*, a thought-provoking theatre production that explores aging, family, love and loss. When their mother passes away, and their father is diagnosed with dementia, three sisters return to their family home after years spent apart in various cities across the globe. Each daughter has their own memories of what life growing up with their parents

was like, and each bears guilt for not communicating their feelings to their parents while they had the chance. Our story follows the sisters as they return to Vancouver and discover four letters their parents wrote but never sent; one for each daughter and one for all three. Will it be too late for this family to express the love they've always held in their hearts?

DramaOneVan was founded in 1995 in Vancouver, BC and is comprised of both professional actors from Hong Kong and the local theatre community. Over the past 19 years, they have produced and participated in different local drama productions to serve their community and to enhance the spiritual and cultural life in our city. *Letters* is an original screenplay by veteran actor and director Peter Poon. This production will be in Cantonese with English subtitles projected on the stage.

All proceeds of *Letters* will support the Health and Home Care Society of BC. There will be two showings of *Letters* on April 19th, 2015, a matinee (3:00pm) and an evening show (7:30pm). Tickets start at only \$28. If you would like to join us at this event, please call May Soo at (604) 831-1633 or email dramaonevan@gmail.com. For more information on the production, please visit our website at www.carebc.ca/letters.

「寄不出的情書」

「一劇場」專業話劇製作

一種忍藏在內心的深情
一段父母與子女之間的恩情
一片永不磨滅的濃情
一疊寄不出的情書……………



卑詩衛生及家居護理會很高興宣布將與溫哥華一劇場合作推出話劇《寄不出的情書》，一部發人深省的探討衰老，家庭，愛和失去的話劇。故事講述的是一對住在溫哥華超過20年的80多歲的老夫婦，當年邁的母親去世，老父親被診斷出老人癡呆症時，多年不見的三姐妹

從世界各地趕回來安排葬禮事宜。每個女兒都有著各自昔日父母陪伴其成長的記憶，但很遺憾地她們卻錯過了向父母表達恩情的機會。三姐妹趕回溫哥華後發現了父母寫下的從沒有寄出去的四封信：一人一封，第四封是寫給三姐妹的。她們現在才對父母表達她們心中的愛意會否為時太晚？

一劇場於1995年成立於卑詩省溫哥華，其成員包括來自香港的職業演員以及本地的劇團成員。在過去的19年間，一劇場製作參與了很多不同的本土話劇，以豐富社區的精神文化生活。《寄不出的情書》是資深演員和導演潘煒強的原創劇本。本劇場以粵語演繹並配英文字幕，所籌集款項將用作支持卑詩衛生及家居護理會的送餐計劃。

2015年4月19日本劇場分兩場放映：日場（3:00PM）和夜場（7:30PM）。票價從\$28起。有意者請聯繫May Soo（604）831-1633或電郵dramaonevan@gmail.com

所得之收入將用作支持 Health and Home Care Society of BC. 想了解更多詳情, 請瀏覽我們網頁 www.carebc.ca/letters

關於網上健康資料

在網上搜索每一個小的健康問題確實很有吸引力，畢竟有誰想去排隊等候看醫生呢？而上網搜索就能馬上得到答案了，反正也沒有什麼損失。

不過，Djavad Mowafaghian中心的腦健康科的研究發現在網上測試老人癡呆症是有問題的。Julie Robillard博士的研究發現很多網上測試是有疑問的，原因包括科學的有效性，利益的衝突以及個人隱私等涉及的問題。她建議直接找醫生進行有保障的測試來評估你的認知能力，或瀏覽可靠的提供多元信息的網站（如加拿大阿爾茨海默氏症協會網站），而非簡單地做完網上測試就了事。另外她還提供了一些上網搜尋健康相關資料時衡量網站內容可靠性的提示，如查看作者的資格，原文是否有標註引用來源，以及內容是否最新的等等。以銷售產品為目的的網站要遠離。如果有任何疑問，最好是直接諮詢家庭醫生。

Source: Djavad Mowafaghian Centre for Brain Health (<http://www.centreforbrainhealth.ca/news/2015/01/16/testing-your-cognition-online-whats-harm> - Jan 27, 2015)

CONCERNS WITH ONLINE HEALTH INFO

It can be tempting to search online for every little health concern we might have. Who wants to wait to see a doctor, when you can get answers right away? And what's the harm anyhow? A researcher at the Djavad Mowafaghian Centre for Brain Health has found that there can be significant issues specifically in the case of online testing for dementia. Dr Julie Robillard's study found that many of the online tests were problematic because of issues around scientific validity, conflicts of interest and privacy. She recommends speaking with your physician to find a quality test that can help evaluate your cognition, or to read quality websites that offer lots of information without a specific test for dementia (for example the Alzheimer Society of Canada website). She also offers a few tips when searching online for any health information including looking for the author's credentials, checking to see if scientific sources are cited and if the advice is current. One major red flag is if the website appears to be selling a product. When in doubt, it is always best to consult your family physician.

Source: Djavad Mowafaghian Centre for Brain Health (<http://www.centreforbrainhealth.ca/news/2015/01/16/testing-your-cognition-online-whats-harm> - Jan 27, 2015)

A NEW FACE AT CARE BC



Care BC has over 300 dedicated volunteers who deliver over 450 meals every Monday to Friday. We couldn't deliver our services without their help, and our Volunteer Manager helps ensure every volunteer knows their role! We are happy to announce we have hired a new Volunteer Manager, Jacquie Gallivan. While we are truly sad to see Suzanne leave, we are excited to see the ways in which Jacquie can help the program grow. Jacquie has previously worked with volunteers for Big Brothers Big Sisters and student leaders within an international college. She recently moved from Ontario to Vancouver and so far is loving the city! She loves to get outdoors, but also enjoys the great restaurants Vancouver has to offer. She can't wait to work with all of our Meals on Wheels and Family Respite Centre volunteers. Have you been thinking about joining our Volunteer team? Now is a great time!

Call or email Jacquie at (604) 733-9177 ext 107 or gallivanj@carebc.ca.

A VISIT WITH BC'S SENIORS ADVOCATE

Last month we had the pleasure of hosting Isobel Mackenzie, BC's Seniors Advocate, at our Family Respite Centre! After a tour highlighting some of the services we offer, we sat down for a long discussion about the state of support for caregivers in BC. We all agreed that supporting seniors includes supporting their caregivers (many of whom are seniors themselves) and that it is important to listen to seniors when they tell us what is valuable to them. Part of respecting seniors is trying to find solutions that work for them whether that is creating supports to allow seniors to remain at home or whether that is creating safe spaces where seniors are comfortable. We look forward to seeing what differences Isobel Mackenzie will be able to make in her role! Find out more at gov.bc.ca/seniorsadvocate.



(from left, Dr Inge Schamborzki, Isobel Mackenzie, Board Member Doug Purdie and Sally Zakaib)

卑詩省長者代言人來訪

上個月我們很榮幸能請到卑詩省長者代言人Isobel Mackenzie來參觀我們的家庭暫托中心。在重點介紹一些我們提供的服務後，我們坐下來長談了關於卑詩省護理人員的現狀。我們都同意支持老年人包括支持他們的照顧者（其中很多本身也是老年人），另外用心聆聽老人家的訴求，告知我們什麼對於他們來說是有價值的也很重要。尊重老年人的其中一方面體驗在試圖幫他們找出適合的解決方案，如讓他們安享家中也能得到想要的幫助，或為長者創造出安全舒適的場所。我們期待著Isobel Mackenzie為本中心所帶來的新改變！

UPCOMING EVENTS

**'Letters' - A Theatre Production from
DramaOneVan - April 19th 2015 - 3:00 PM &
7:30 PM - Michael J Fox Theatre, Burnaby**

Tickets start at \$28. For tickets, please call May Soo at
(604) 831-1633 or email dramaonevan@gmail.com

**Volunteer and Staff Appreciation Tea 2015 -
April 15th 2015 - Family Respite Centre**

We will be holding our annual volunteer and staff appreciation event soon! Keep an eye on your email for your invite and the chance to meet the Care BC staff.

THANK YOU!

A big thank you goes out this month to the Living Room Pharmacy in Courtenay BC. We administer flu clinics across the province and strictly adhere to rules surrounding needle disposal. Normally this would mean we'd have to ship them all back to Vancouver to have them disposed of by a professional service, but Greg at Living Room Pharmacy was kind enough to dispose of our needles from Courtenay through his regular pharmacy service. Thank you! You just ensured more proceeds from flu clinics can go directly to serving our clients.

為慶祝中國新年

我們很榮幸與我們的客戶祝中國新年。2月19號20號菜單如下：

月19日2015年星期四，年初一：

五寶齋湯
羅漢齋
年糕
蓮子紅棗茶

2月20日星期五，年初二：

蓮藕髮菜豬利湯
白切雞，燒肉，叉燒
時菜
年糕
蓮子紅棗茶



獻出愛心、關愛社群 陳浩德、Ludia Li 賀歲慈善音樂會

Thank you to Ludia Li, Peter Chan and the Shining Life Society for their generosity in selecting the Health and Home Care Society of BC as one of their charitable partners for the 2015 Ludia Li and Peter Chan Charity Concert.

感謝陳浩德先生、Ludia Li 女士及加拿大慧賢會選擇 Health & Home Care Society of BC 成為「2015 Peter Chan & Ludia Li 賀歲慈善音樂會」其中一間受惠機構；讓更多需要幫助的人得到照顧。



KUDOS TO OUR MACAULAY CLUB

Thank you to the following organizations who joined our Macaulay Club between September 1st, 2014 and January 27th, 2015 by making a donation of \$500 or more to our charitable programs.

- Djavad Mowafaghian Foundation
- Lee Turner & Associates Inc
- Lohn Foundation
- Mirhady Family Fund
- Richmond Poppy Fund
- Robert Kenny Fund
- Rotary Club of Steveston
- Schein Foundation
- The Sook Ching Foundation
- Zacks Family Charitable Foundation

We also offer appreciation to the other organizations and individuals who have joined our Macaulay Club in the past year, as well as to our program partners, Fair Haven United Church Homes Society, the Vancouver Foundation, St. George's Place Society and Vancouver Coastal Health.

We would also like to 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.

THANK YOU TO OUR NURSES & CLIENTS FOR ANOTHER SUCCESSFUL FLU SEASON



For the past 18 years, the Health Promotion Services department has been administering flu vaccines across BC. Every year, we are happy to receive evaluation forms from our clients letting us know what they appreciated about our clinics. Every year, we find the same answer. It's our nurses that help make our clinics so special and it is them who ensure that our clients return year after year after year. These programs are so important because they help us support our charitable programs like Meals on Wheels and the Family Respite Centre. Thank you to our nurses for their dedication to compassionate care!

Health & Home Care Society of BC

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