



Garey 和他兒子Anson 及女兒Hilary

Garey 分享：能夠有能力去幫助其他有需要幫助的人或弱勢社群，本身就是一種福氣！

父母同行，快樂助人！ 傳遞關愛，教育下一代！

MAY 2023



隨著五、六月份「母親節」及「父親節」的來臨，仿佛提醒我們父母親在我們生命中擔當一個重要的角色，他們的行為和思想會影響我們的成長。好像卑詩護理會的送餐工作中，我們常常看到父母親帶同子女一起送餐，看到他們彼此融洽相處，不但在父母子女關係上製造美好時光，而且還能幫助社區傳遞關愛，「送餐」工作對他們來說，已不是單單當義工那麼簡單，當中還包含父母對子女「身教」做好榜樣之外，亦是建立更緊貼關係的鑰匙！

在中文送餐工程中父母與子女夥伴的例子，我們有Dennis和兒子Michael, Garey和他的女兒Hilary及兒子Anson及Amy和她的兒子Bennett。他們有著相同的願望是給下一代做一個好榜樣。Dennis在未移民前，在香港從事警務工作，因為希望能全時間照顧患自閉症的兒子，決定提早退休，一起移民到溫哥華，起初兒子當義工時，遇上溝通問題，感到氣餒，後得爸爸鼓勵並加入一起送餐，父子倆就成為送餐伙伴。直至今天兒子Michael領15年義工服務獎，對Dennis來說非常開心及安慰。同行十多年，實在非常難得！

Garey是2016年從香港回流溫哥華的早期移民，自疫情一開始就加入送餐行列，當他邀請兒子及女兒一起送餐的時候，他們非常興奮，加上學校鼓勵學生積極參與義工工作，所以每逢學校假期日(Pro-D) day，他們都十分雀躍與爸爸一起送餐。Garey分享說能夠有能力去幫助其他需要幫助的人或弱勢社群，本身就是一種福氣。最後，Amy帶著5歲大的兒子Bennett送餐，也有十分好的體驗。她本身來自台灣，移民後加入了一個媽媽的群組，後得知我們的機構，於是便開始加入送餐行列，Amy看到很多獨居長者困難的生活，等待義工送餐時的喜悅，Amy滿心感動，感覺這份義工工作意義重大，加上希望從小教育兒子幫助別人有愛心，覺得也是一堂好好的課堂！

現在人口老化問題嚴重，須要「跨代」intergeneration教育來讓新一代懂得「回饋」的真正意義，此外，獨居長者的須要，更希望多一些關心的群體注意。感謝Dennis, Garey和Amy他們作出了典範。希望你也可以參與其中，無論當送餐義工或財政上支持，我們都十分高興有你同行，讓更多人參與，請支持我們的工作！讓更多的愛心發放到社區每一個角落！

謝謝你的支持，

May Soo

中文項目總監

卑詩護理會



Dennis 和他的兒子Michael



Amy 和她的兒子Bennett

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Charitable Tax No. 71276-8696-RR0002

Encouraging the Next Generation of Volunteers

MAY 2023



Oringa's sons, Sunny & Ceto, have joined her on Meals on Wheels routes for many years



In May we celebrate Mother's Day and the women who are special to us. In June we'll celebrate Father's Day and the men in our lives we hold dear. The love and care parents share with their children is tremendous, shaping the adults they become later in life. In some cases, this care and concern is shared with the community from a very young age.

Meals on Wheels (MOW), operated by Care BC*, delivers meals across Vancouver, Richmond, and the North Shore. Our volunteers have delivered meals weekdays to frail, homebound seniors for more than 55 years, through snow, heat domes, and a pandemic. Clients receive much more than just a meal – they know that someone cares about them and their safety.

Oringa started volunteering with MOW in 2015. She feels that she receives much more than she gives when volunteering. *"When I first started, before I had gotten to know my regular clients, I thought my role was to simply deliver meals. I saw a lot of loneliness and sadness. But over time, I noticed that MOW clients were delighted to see me. I started to bring my boys along when they had the day off from school to see the smiles on each client's face."*



"No matter how insignificant we may think our help is, it does make a positive impact on someone else's life. Never hesitate to help."

"In 2015, my boys were still small and my clients were even happier when they would accompany me on my route. I feel it's important for my sons to know that no matter how insignificant we may think our help is, it does make a positive impact on someone else's life. Never hesitate to help."

Despite the fact that Oringa (with Ceto, earlier this year) generously donates her time to volunteer every week, she feels she isn't necessarily 'giving back' to the community because she 'gets' so much in return. *"I've gained so many invaluable experiences from interacting with the clients. The appreciation the MOW clients show me when delivering far outweighs what I 'give'."*

We thank Oringa for her dedication, and for encouraging the next generation to support the community through volunteering. In addition to the help we receive from volunteers, MOW relies on financial assistance from generous donors. Every donation keeps the meals affordable for our MOW clients and assists with the cost of our volunteers' mileage. With your assistance, we can ensure that our MOW clients continue to receive friendly visits - more than just a meal - from volunteers with each delivery.

Please make a donation today to help support our MOW clients and volunteers.

For those who are already volunteering or donating to support MOW, we thank you!

Warmest regards,

Inge Schamborzki, D.Ed.
Care BC Executive Director



***Our Meals on Wheels program has served since 1967, but our history goes back even further! Care BC was a founding member of the Victorian Order of Nurses, BC Branch, in 1898.**

Please join our anniversary gala this fall - Oct 28, 2023!

www.carebcfoundation.ca/gala



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