



十二月 2023

送餐服務 關懷弱群 送暖社區

踏入12月份，社區中歡樂及慶祝的氣氛非常濃烈，大家都熱切期待聖誕節的到來！各人興奮地計劃如何與家人或親友歡渡假期。不過，希望您們在這歡樂節日當中，記念那些脆弱群體，特別是那些孤單的獨居長者。

卑詩護理會「送餐服務」由1967年開始，服務包括列治文、溫哥華及北岸地區，每年為十多萬的食餐者送出熱餐，一個溫馨問候及一個非正式的安全檢查，這項工作為他們帶來無窮的幫助及安慰！

就好像我們其中的一位食餐者莫先生，他是一位獨居長者，租住在一個獨立屋其中一個單位，居住環境非常殘破、簡陋。莫先生視力不佳，行動不便，生活困苦，經濟上似乎都很緊張，他表示，因為近日生活成本高漲，除了訂送餐服務外，他一般都會選擇一些較便宜的食物為糧食，例如麵飽、罐頭等。一星期两天的送餐服務對他來說是餐食中的亮點。他還表示，送餐義工的關心問候，更是他生活中的快樂泉源！



另一食餐者鄧伯，也是一位獨居長者，因年紀老邁，記憶力及行動比較緩慢，無法與親友保持聯系。鄧伯家裡，沒有收音機，沒有電視機，好像與外界隔絕一樣。所以，每當義工送餐時，他總會問義工：「今天是甚麼日子？」「現在是甚麼時候？」義工們都會很耐心的聆聽他及與他交談。雖然每次傾談幾分鐘，但不知不覺義工們已與鄧伯建立了互相信任的友誼。鄧伯表示這份愛與關懷，對他來說，內心是非常激動的！



聖誕節是一個普天同慶的日子，當我們可以與家人歡聚的同時，希望你可以記念那些孤單的群體，我們衷心希望您能在這個節日當中送出一份愛心予這些獨居長者。請支持我們的工作，幫助我們可以持續這一項重要的社區服務！一起將溫暖送到有需要的人身上！

謝謝你的支持，

May Soo

中文項目總監

卑詩護理會

捐助\$250 就能資助100個餐食送到有需要的人仕身上！
謝謝您的支持！祝節日平安、健康及愉快！
並祝2024年萬事如意！

你所捐的每一分每一毫，將用於支持我們對獨居長者的服務！每一個餐將代表您的愛心送到每一位受益人身上！請慷慨捐贈！Donate now！

www.carebcfoundation.ca/donate-now-newsletter



December 2023

Meals On Wheels Volunteers Combat Loneliness

Most Care BC's Meals on Wheels clients are home-bound seniors, who live alone and experience social isolation year-round. The absence of social contact can lead to loneliness, especially during the winter months. And without family and friends nearby, this holiday season can be particularly lonely.



Larry has been receiving Meals on Wheels since 2013.

"I live alone and don't have any immediate family in Vancouver. I am only semi-mobile and use a walker. But in the winter months it's hard to get out. Meals on Wheels is a lifesaver in the winter! The meal I get daily is my main meal of the day. I'm amazed how the volunteers 'do the trick' throughout the year, but specifically in the winter and bad weather conditions. The volunteers are 'A1 as a matter of fact' and I've developed a friendship with two or three of the regular ones. They are 'wonderful' people. They are my 'personal contact' when I am unable to get out during the winter".

Isabelle has been a Meals on Wheels client for 5 years.

"Well, the good thing with Meals on Wheels is I don't have to go out and shop, especially when I'm not able to in the winter months and bad weather. My hands are not as able anymore and Meals on Wheels helps because I don't have to cook daily. The volunteers are so kind to deliver to me every weekday, and my kids, who live out of province, are so happy there is a service like this for us seniors".



Care BC's Meals on Wheels programs rely on generous donors to keep our meals affordable for vulnerable seniors, as we all struggle with the increased cost of food. A gift of \$250 supports the cost of 100 meals (which include hot entrees, frozen entrees, and sandwiches with fruit). Last year, 449 dedicated volunteers delivered 144,000 meals across Vancouver, Richmond, and the North Shore.

Best wishes for the holidays,

Inge Schamborzki

Inge Schamborzki, D.Ed. | Care BC Executive Director

Please support our Meals on Wheels seniors with a financial gift, showing that you care this holiday season.

Please give generously this holiday season by returning the enclosed donation slip.

Or, make a secure donation online: www.carebcfoundation.ca/donate-now-newsletter

You'll receive your tax receipt immediately after making your donation online.

Health & Home Care Foundation of BC

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