

Health & Home Care

carebc.ca

20 YEARS OF CHINESE MEALS ON WHEELS

Our Chinese Meals on Wheels (CMOW) program will celebrate 20 years of serving the community this Fall. To recognize two decades of service, Care BC will hold an anniversary event October 7th at the Continental Restaurant in Richmond.

Early Years: The Health & Home Care Society of BC (then the Victorian Order of Nurses BC) launched the CMOW program, one of the first of its kind in Canada, on October 23rd, 1996. The Western Meals on Wheels (MOW) program had been serving clients since 1967, but the changing demographics of the region spurred the development of a program devoted specifically to the Chinese-speaking community. The program delivered 25 – 30 meals a day with the help of about 30 volunteers initially. Now, CMOW delivers an average of 230 meals a day and has a network of 185 volunteers.



May Soo, Care BC staff member, visits a CMOW client.



May Tong, CMOW volunteer, receives a long-service pin from Board Member Doug Purdie for 20 years of service.



In 2006, MLA Jenny Kwan helped celebrate the CMOW 10th Anniversary with lion dancers.

Commitment to our clients: Despite the impressive growth of the program, the value of the service has remained the same since day one – hot, nutritious meals delivered to our clients while offering an informal safety check and social interaction from friendly volunteers. Many of our CMOW clients are elderly with mobility issues; we also notice an increase in the number of clients with no family members in the immediate area. The CMOW program allows these clients to remain in the comfort of their home for as long as possible.

Volunteer Support: Some CMOW volunteers have been with the program from the very beginning. Many feel that volunteering is a great way to give back to the community in their retirement. They also enjoy the social interaction with the clients – some volunteers have even stayed in touch with clients once they move to assisted living facilities (no longer requiring the service). CMOW volunteers also develop strong relationships with each other, as many devote their time to Care BC as part of a group.

Community Support: In addition to our dedicated volunteers, CMOW would also like to thank long-term supporters like S.U.C.C.E.S.S. – the organization promoting multicultural harmony between Canadians and immigrants. S.U.C.C.E.S.S. was crucial in assisting with initial recruitment for volunteers and they currently cook all our CMOW meals at the Simon K.Y. Lee Seniors Care Home in Chinatown. MLA Jenny Kwan - who delivered the first-ever CMOW meal and also helped us celebrate the CMOW 10th Anniversary - has also been a champion of the program encouraging both potential clients and volunteers to learn more about the service.

Learn more about the Chinese Meals on Wheels service at www.carebc.ca/chinese (or cn.carebc.ca for information in Cantonese). Contact Shirley Park at (604) 733-6615 or cmow@carebc.ca for information about CMOW volunteer opportunities. To support the Meals on Wheels programs in Vancouver and Richmond with a financial donation, please visit www.carebc.ca/donate.

VOLUNTEERS & STAFF APPRECIATION TEA

During National Volunteer Week in April we recognized the over 300 volunteers who support Care BC. The national theme for the week was "Volunteers are the roots of strong communities", which is especially true for our Meals on Wheels program where volunteers deliver hot, nutritious meals to isolated seniors in their homes across Vancouver and Richmond. Volunteers are equally important at the Family Respite Centre, where caregivers can get a break from the often exhausting responsibilities of caring for a loved one. For the community members who require our services, these volunteer contributions are vital.

The Care BC Volunteer & Staff Appreciation event specifically recognized 39 volunteers and several staff members for their long service milestones (20, 15, 10 or 5 years). Presiding over the event was volunteer Care BC Board Member Doug Purdie, who recently received a Medal for Volunteers from His Excellency the Right Honourable David Johnston, Governor General of Canada.

More photos from the event are online at
www.carebc.ca/events



Steve Rogers, right, is recognized by Doug Purdie for 5 years of service.



Annie and David Wong with Eddy Tam (right) attend the Volunteer and Staff Recognition Tea.



Kathy Simons is recognized for 15 years of service at the Family Respite Centre.

SAVE THE DATES

Fall 2016 will be a busy season for Care BC! We are celebrating the 20th Anniversary of Chinese Meals on Wheels with a gala event **Friday October 7th** in Richmond. Our 8th Annual Meals on Wheels Fundraising Dinner & Auction will take place on **Friday October 21st**. Watch for updates on our website www.carebc.ca as we finalize details about these events.

ATTEND OUR ANNUAL GENERAL MEETING

Join us for our 117th Annual General Meeting on Weds. June 29th from 3:45 to 5:30 pm at the Family Respite Centre, 2711 East 49th Avenue, Vancouver. Learn about Care BC's achievements this past year and receive a copy of the Annual Report. Guest speaker Lindsey Kendrick-Koch will discuss "Feeling Tired? Getting a Good Sleep When Life is Busy" at the meeting. To attend the AGM, please contact Sheila at (604) 733-6614 or cannons@carebc.ca.

KUDOS TO OUR MACAULAY CLUB

Thank you to the following organizations who joined our Macaulay Club between January 29, 2016 and May 9, 2016 by making a donation of \$500 or more to our charitable programs.

- Lantic Inc.
- Dr. David Li Inc.
- Vancouver Shaughnessy Lions Club
- Army, Navy & Airforce Veterans in Canada, Unit #284
- John Murray McEwen Fund

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

If you or your company would like to support our charitable programs, call 604-733-6614 or visit www.carebc.ca/donate.

中式送餐服務 20 週年

為慶祝卑詩護理會(Care BC) 20週年中式送餐服務，我們將於2016年10月7日假座列治文幸運海鮮酒家舉行「Care BC 中式送餐服務20 週年籌款晚宴」。



Early Years 初期:

卑詩護理會（前身是維多利亞護士團隊）在1996年10月23日首次推出「中式送餐服務」，是加拿大全國最先提供此服務的機構。而早於1967年，卑詩護理會已開始了西式送餐服務；因隨著地區人口結構變化原因，就啟動了中式送餐，將服務照顧到大部份的亞洲人。「中式送餐服務」最初由30名義工開始每日送出25至30份餐；到現在我們約有185名義工每日平均送出超過230份餐予有需要之人仕。



Care BC May Soo 探訪其中食餐者
“白婆婆”

Commitment to our clients 對客戶的承諾:

近年食餐者人數不斷上升，我們堅守義工送餐的服務信念 – 除送餐外，一個非正式的安全檢查和親切關心的問候，是我們給食餐者的承諾。我們知道越來越多的食餐者是行動不便或獨居的；希望透過此送餐服務，讓更多需要服務的人能在自己家裏，可保持舒適、健康及愉快的生活。



卑詩護理會理事 Doug Purdie 致送感謝章予 May Tong，表揚她參與「中式送餐」20年 義工服務

Volunteer Support 義工的支持:

我們感謝一群義工熱心的支持，有些是從一開始就參與這個送餐服務。許多人認為參與義工服務是回饋社會的一個非常好的退休生活。除可保持自身活動之餘，更可與食餐者建立彼此關係，甚至可能因一同參與送餐工作而與其他義工建立更緊密的關係成為好朋友。

Community Support 社區支持:

除了一群無私的義工外，我們還感謝多年支持我們工作的合作伙伴 – 中僑互助會。他們在服務開始時，幫助招募大量義工；及後在李國賢護理安老院廚房部負責處理烹調中式餐食直至現在。還有，在推出「中式送餐」初時，省議員 Jenny Kwan 關慧貞是非常積極幫助推擴這項服務，同時亦是第一個送出熱餐的送餐義工，之後她還不停鼓勵市民參與這義工服務。



2006年，省議員關慧貞參與與祝「中式送餐服務」10週年活動

欲了解更多Care BC「中式送餐服務」，請到 cn.carebc.ca（或 www.care.ca/chinese）。如支持或捐贈「送餐服務」工作，請到網址 www.carebc.ca/donate。

員工及義工感謝茶敘

全國義工週在四月舉行，我們表揚了300名參與卑詩護理會的義工們。今年主題是“義工是社區的根基”，這正是我們「送餐服務」的核心思想，義工送上不單是熱騰騰的熱餐，還有是送上關心問候，沒有他們的參與，我們無法完成我們的使命！另外，家庭暫托中心義工們的角色都非常重要，他們幫助去悉心照顧在中心的老人家；對於要照顧家人的成員或看護者來看，這些義工的義意至為重要。

為了答謝義工們無私的奉獻，我們日前舉行了一個簡單而隆重的BC護理會「義工表揚日」，特別多謝他們多年來不辭勞苦的付出。那天，共有39名義工得到嘉許及讚揚，為他們長期服務作出確認（分別有20年，15年，10年或5年服務獎）。主持活動是BC護理會董事會成員Doug Purdie, Doug最近更榮獲加拿大總督David Johnston頒贈一枚獎章，表揚他多年傑出參與義工的工作。

欲看更多「義工表揚日」相片，請到
www.carebc.ca/events



Doug Purdie 致送「5年服務章」予 Steve Rogers



義工們一起參與「義工表揚日」，左起: Annie, David Wong及 Eddy Tam



Doug Purdie 致送「15年服務章」予 Kathy Simons

重要日子！

2016對卑詩護理會將會是非常忙碌的一年！我們將會在10月7日興祝「中式送餐服務」20週年舉辦籌款晚宴，及後在10月21日舉辦第八屆「送餐服務」籌款晚宴，欲知進一步詳情，請繼續留意我們網站最新消息。

CARE BC 週年大會 (AGM)

Care BC第117屆週年大會 (AGM) 將於6月29日由下午3時45分至5時30分於溫哥華家庭日托中心 (Family Respite Centre : 2711 East 49th Ave., Vancouver) 進行。欲了解我們在過去一年的工作，以及對未來的展望，請出席是此的週年大會。RSVP請致電 Sheila(604) 733-6614, 或透過電子郵件 cannons@carebc.ca 登記。

歡迎 KUDOS 加入 MACAULAY CLUB

感謝以下商號在2016年1月29日至5月9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。

- Lantic Inc.
- Dr. David Li Inc.
- Vancouver Shaughnessy Lions Club
- Army, Navy & Airforce Veterans in Canada, Unit #284
- John Murray McEwen Fund

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. 及鳴謝卑詩省政府的財務支援。

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。