



## 卑詩護理會 - 2020 “伴我同行” 5K慈善步行

卑詩護理會“伴我同行” 5K慈善步行 將於2020年6月28日Stanley Park舉行, 今年是我們(Care BC)第一年參加這項活動。無論您是跑步還是步行者, 體質如何都適合參加。這項活動非常有意義, 不僅有益身心, 還可以幫助社區。所有收益將用於卑詩護理會(Care BC)各項慈善項目。

這次“伴我同行” 5K慈善步行是卑詩護理會參與豐業銀行溫哥華半程馬拉松慈善挑戰賽 (Scotiabank Vancouver Marathon Charity Challenge)的活動, 是結合運動與籌款的一個概念, 目的是推動社區精神以幫助社區成為更美好的活力都市。去年共有70多個慈善團體參加, 為社區籌集了超過1千300萬加元。每一位參加者的參與和努力對我們的社區產生了重大影響。另外, 這項活動有關所有行政費用, 將全由豐業銀行(Scotiabank)負責, 您籌集的每一分每一毫100%會直接捐助卑詩護理會。

我們誠意邀請您加入我們團隊, 作個人或團隊參加, 鼓勵及邀請您的家人和朋友一同參與, 甚至你可以建立自己的小組來參加及支持這個活動。所有收益將用於卑詩護理會(Care BC)各項慈善服務。我們慈善項目包括: 「家庭暫托中心」(2002)、中西「送餐服務」(1967年)及1999年成立社區融合計劃 (幫助身體殘疾人士適應日常生活需要)。



*Join our Inaugural 2020 Team!*



自2003年起豐業銀行馬拉松慈善挑戰賽 (Scotiabank Marathon Charity Challenge) 開始至今, 已經籌集了超過6千2百萬加元, 並直接捐贈了加拿大各省當地的慈善機構, 為更多人創造了更美好未來, 並建立充滿活力的社區。豐業銀行溫哥華馬拉松賽(Vancouver Scotiabank Marathon) 被稱為加拿大風景最美的馬拉松賽。每年超過6,000名參加者經過海灘和山脈, 最後到達了溫哥華美麗的斯坦利公園Stanley Park。

自1967年開始卑詩護理會推出「送餐服務」, 服務範圍包括溫哥華及列治文居民。1996年我們推出中式送餐服務, 送餐義工主要是華人, 使部份食餐者感覺更親切。我們每天大約送出500份餐食, 當中包括53% 是80歲以上長者及61% 是獨居老人。送餐義工有三方面工作, 除了送餐, 檢查家居安全, 還有關心的問候, 這對獨居老人都非常重要。當中有位受助者Mary 曾分享: 「卑詩護理會的送餐服務幫了我很多。因為它使我能仍然獨立居住家裡。多年前我因病跌倒後, 一直依靠助行器活動, 每天送餐義工送來餐食, 對我來說是非常重要。」卑詩護理會目前擁有大約320名長期及短期義工幫助每天送餐服務。去年我們共送出126,000 份餐食予獨居長者或有需要人士。義工團隊每天不辭勞苦的付出, 不單帶給有需要人士一頓熱烘烘的飯菜, 還會送上真誠的問候和溫暖的笑容。所以每一次的送餐都帶著一份溫馨。

卑詩護理會的「家庭暫托中心」(FRC)提供專業護理予有精神或身體缺陷的長者, 幫助需要長期照顧他們的照顧者(caregiver) 可以有真正喘息的空間。「家庭暫托中心」幫助這些照顧者(caregiver)能在沉重的工作中, 有機會喘息或擁有自己的空間休息, 日後就更有能力照顧親人/病人。

社區融合計劃(CIP) 成立目的是幫助身體殘疾人士適應日常生活需要。當中服務包括在溫哥華 St. George's Place 適應中心提供兩個特別配套公寓給病患者暫住, 最多可達6個月。提供專業康復管理, 由康復中心過渡到獨立家居生活及輔助他們掌握和使用配套有關所需技能。

卑詩護理會Care BC遠景是幫助有需要人士及長者提供預防及支援性的社區及醫療服務, 最終目的是希望能讓他們保持健康、愉快的狀態繼續在家裏生活及與社區聯繫。請支持卑詩護理會(Care BC)各項慈善項目。欲支持或取有關此「伴我同行」5K 慈善步行進一步資料及報名, 請與中文項目總監May Soo聯絡soom@carebc.ca



# [卑詩護理會]第11<sup>th</sup>屆籌款晚宴圓滿結束！ 感謝所有支持我們的朋友！

再一次感謝所有支持我們於2019年10月舉行的第11<sup>th</sup>屆週年籌款晚宴的朋友及贊助商，當晚共籌得善款超過\$130,000加元！所有收益將用於卑詩護理會各項善慈服務。還有感謝當晚司儀及拍賣師Fred Lee,他精彩主持及專業，令整晚氣氛生色不少！



感謝支持單位包括：Langara Fishing Adventures, Chef Marcus Von Albrecht, Fire in Your Kitchen (溫哥華消防員慈善組織Vancouver Firefighters Charitable Society), Holland America Line, Waters Edge Resort 及 Chromer Sport Fishing. 欲了解更多有關籌款晚宴活動及支持者名單，請到網址 [www.carebcfoundation.ca/oct-17-2019-fundraiser](http://www.carebcfoundation.ca/oct-17-2019-fundraiser)



當晚出席嘉賓包括：（上左、）Shaughnessy 獅子會成員，（上中）Helen Shore 女仕，卑詩護理會捐助者，（上右）Inge Schamborzki 卑詩護理會行政總監與 Paul Gaultier 及兩名消防隊成員。（下左）嘉賓Angela, Jenny 及Mickey, (下中)Malhotra 與Terilyn Bloos, (下右)Ping Mah 與Jeannice

## [家庭暫托中心] 聖誕節派對2019



感謝各位去年12月參加我們於[家庭暫托中心](FRC)舉行的聖誕節派對，感謝所有幫助組織該活動的員工和義工們！有關更多活動相片，請到網址 [cn.carebc.ca/events](http://cn.carebc.ca/events)

## 歡迎加入MACAULAY CLUB

感謝以下商號在2019年8月10日至 2020年1月16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。

- Djavad Mowafaghian Foundation
- Manning Elliott LLP
- Mava Foods Ltd.
- Mel and Geri Davis Charitable Trust
- R. B. Webster Law Corporation
- RockWater Secret Cove Resort
- Vancouver Shaughnessy Lions Club

同時亦感謝我們以下的項目伙伴：包括：Fair Haven 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.carebcfoundation.ca](http://www.carebcfoundation.ca) | Charitable Tax No.: 71276-8696-RR0002





## WALK WITH CARE BC TO SUPPORT OUR PROGRAMMING SCOTIABANK VANCOUVER HALF-MARATHON & 5K: JUNE 28, 2020

Care BC invites you to walk with us by taking part in the *Scotiabank Vancouver Half-Marathon and 5K Walk Charity Challenge* on June 28, 2020 - our first year participating in this event! All proceeds raised through this event will support our charitable programming – **Meals on Wheels** (serving Vancouver and Richmond), **the Family Respite Centre** and **the Community Integration Project**. Our modest fundraising goal for our inaugural year is \$10,000 - which we hope to surpass with your support!

The Scotiabank Charity Challenge unites the spirit of running and being active with a unique fundraising program to help create vibrant communities. As Scotiabank covers all costs of fundraising, Care BC - an official registered charity - will receive 100% of funds raised through this event for our organization.

The Scotiabank Vancouver Half-Marathon and 5K is one of the most scenic events of its kind in Canada - the 5K route includes portions of the Stanley Park Seawall, Coal Harbour and Lost Lagoon. Since the first Scotiabank Marathon Charity Challenge in 2003, over \$62 million has been raised and donated directly to local charities across Canada.



*Join our Inaugural 2020 Team!*

Fundraising allows Care BC to continue operating our 3 charitable programs. Our **Meals on Wheels (MOW)** programs - serving Vancouver and Richmond – delivered over 126,000 meals last fiscal year. Our Western MOW program has served frail and homebound seniors since 1967; in 1996 we added a **Chinese Meals on Wheels (CMOW)** program.

One Meals on Wheels client, Mary, says that “Meals on Wheels helps me stay in my own home. I’m still fairly independent, but buying groceries in the winter can be difficult now that I use a walker.” Mary once came down with a bad cold or flu, and was grateful for the meals she received during her recovery when she didn’t leave her home for several days in a row. Knowing that meals would be delivered was a great comfort to Mary during this time. Each delivery also acts as an informal safety check on the meal recipient – our office alerts emergency contacts for clients if necessary.

**The Family Respite Centre** provides temporary care for seniors with mental or physical frailties, giving their

Please join our Care BC Staff and Volunteer Teams (and bring your family and friends!) for the 5K walk. Simply register online, selecting the “HEALTH AND HOME CARE SOCIETY OF BC” as your chosen charity to ensure funds raised support our charitable programming. Some people may choose to create their own team - perhaps as a group of friends, or family members who might walk in memory of a loved one. Others may choose to run the half-marathon instead of the 5K Walk. However you choose to participate, you can help ensure the continued success of our charitable programming by selecting the Health and Home Care Society of BC as the recipient of funds raised.

We thank everyone who is pledging to support Care BC, and wish them well preparing for the Walk/Run!

**REGISTER or SUPPORT** online  
[canadarunningseries.com/scotiabank-vancouver-half-marathon](http://canadarunningseries.com/scotiabank-vancouver-half-marathon)

Click “REGISTER”; See the left side menu to “REGISTER” to join our team or “DONATE TO TEAMS” to support our fundraising.

Contact Kevin Yip (604-733-9177 ext. 111 or [yipk@carebc.ca](mailto:yipk@carebc.ca)) if you require assistance.

caregivers a break from their 24/7 responsibilities. When caregivers get the break they need, they can care for their loved ones in the comfort of their own home longer. One caregiver recently said “This is a terrific service and gives me a much needed respite so that I don’t lose hope”.

**The Community Integration Project (CIP)** assists people with newly acquired disabilities adapt to their housing and daily living needs while maintaining their quality of life within their community. The CIP offers two specially-designed and equipped apartment units (up to 6 months) because housing is often the biggest barrier for people with disabilities transitioning from rehabilitation to independent living.

We hope you’ll support our charitable programming – either with a financial donation, a donation of your time as a volunteer, or by joining us for the first time this June in the Scotiabank Vancouver Charity Challenge! For more information, visit [www.carebc.ca](http://www.carebc.ca) or call 604-733-6614.



# 11<sup>TH</sup> ANNUAL FUNDRAISING DINNER - THANK YOU!

Thank you to all the guests who attended our 11<sup>th</sup> Annual Fundraising Dinner & Auction last October at the Kirin Chinese Restaurant. We raised \$130,000! Thank you to all the guests who participated in our live and silent auctions, and to those who made generous financial donations at the event. All proceeds benefit Care BC's charitable programs.



We extend special thanks to Fred Lee (pictured at left), our emcee and auctioneer, who helped make the evening a success - particularly with our live auction prizes from **Langara Fishing Adventures**, **Chef Marcus Von Albrecht**, **Fire in Your Kitchen** (Vancouver Firefighters Charitable Society), **Holland America Line**, **Waters Edge Resort** (including **BC Ferries** travel, with **Frankie's Resto-Bar & Majestic Ocean Kayaking** prizes), and **Chromer Sport Fishing**. We are also

grateful to all the donors who supplied silent auction gifts. View more photos from the event, as well as a list of all our event supporters online: [www.carebcfoundation.ca/oct-17-2019-fundraiser](http://www.carebcfoundation.ca/oct-17-2019-fundraiser)



Those in attendance at the event included (top row, l-r): Members of the Vancouver Shaughnessy Lions Club; Helen Shore - who received a standing ovation for her generous gift; Inge Schamborzki (centre back row) with Paul Gauthier (centre front row) with Vancouver Firefighters. (Bottom row, l-r): Angela, Jenny and Mickey; Namit Malhotra and Terilyn Bloos; Ping Mah and Jeannice - who all participated in our live auction.

## FAMILY RESPITE CENTRE HOLIDAY PARTY 2019



Thanks everyone for attending our Holiday Party at the Family Respite Centre (FRC) last December - and to the staff and volunteers who helped organize the event! More photos from the party (and other events) are on our website: [www.carebc.ca/events](http://www.carebc.ca/events). For more information about the Family Respite Centre, visit: [www.carebc.ca/family-respite-centre](http://www.carebc.ca/family-respite-centre).

## KUDOS TO OUR MACAULAY CLUB

Thank you to the following organizations who joined our Macaulay Club between August 10, 2019 and January 16, 2020 by making a donation of \$500 or more to our charitable programs.

- Djavad Mowafaghian Foundation
- Manning Elliott LLP
- Mava Foods Ltd.
- Mel and Geri Davis Charitable Trust
- R. B. Webster Law Corporation
- RockWater Secret Cove Resort
- Vancouver Shaughnessy Lions Club

We also thank our individual donors, program partners (Fair Haven 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.carebcfoundation.ca](http://www.carebcfoundation.ca)  
Charitable Tax No.: 71276-8696-RR0002