

As we say goodbye to the dark, cold, rainy, winter season, we welcome the light and warmth of Spring and all that this new season has to offer. The days get longer and with them comes a sense of hope, growth and renewal!

For those who are isolated and homebound, imagine what it must feel like to live throughout the year without much notice of the change in seasons, unable to venture out, to walk, shop, or to visit friends?

This is the situation for the majority of Care BC's Meals on Wheels Clients throughout Vancouver, Richmond and the North Shore. They require nutritious meals and rely on brief visits from our dedicated volunteers who deliver each weekday.

Margaret is 92 years 'young' and has been receiving hot meal deliveries Mondays to Fridays since 2018. She delights in her visits with John who not only delivers her meals but provides her with welcome, caring attention.



"I love my daily balanced meals which ensure I get my protein and then I don't have to worry or think about what to eat. I'm also very happy when John delivers my meals. He is always friendly and smiling, which brightens my day so much!"

John and his wife, Laura, were looking for a volunteer opportunity to do together in retirement. They chose Care BC's Meals On Wheels.

"After just three deliveries we realized how important our visits were to the clients. They not only wait for us to bring them food for the day, they also greatly appreciate the conversations we have with them each delivery. Relationships have formed with many of our clients where we share what we've been doing, to where we've travelled. They seem to really enjoy hearing our stories.

We also feel that staying connected through Meals on Wheels serves as a wellness check as many clients do not have any other interactions throughout the day or week."

Like Margaret, many of our Meals On Wheels clients do not get outdoors very often, and the majority have mobility issues. Having their meals delivered by devoted volunteers, like John, are the highlight of their day!



Inge Schamborzki, D. ED | Care BC Executive Director

Will you help us to continue providing hot nutritious meals to those in need of our service?

Your generous donation today will make a real impact to Margaret and our 1,500 Meals On Wheels clients!

Donate by returning the enclosed donation slip, or online: [www.carebcfoundation.ca/donate-now-newsletter](http://www.carebcfoundation.ca/donate-now-newsletter).

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

## 活力希望迎春天 幫助社群送溫暖

溫哥華去年經歷了一個不一樣的寒冷冬天後，我相信大部份朋友都渴望春天的到來。春天！萬物復甦的季節，也是大地回春的季節！春天是一年裡的開始，一年之計在於春！今年想做什麼？今年想達到什麼目標？一切也會在春天開始計劃！所以說春天像是個充滿活力希望的季節。

你是否想過可以當別人的「春天」呢？

Amy, 我們中式送餐服務一位積極樂觀的義工。她來自台灣，1996年移民到溫哥華，在這裡就讀高中和大學。自結婚後加入了一個媽媽群組，從朋友群中得知我們送餐的工作，感到非常有意義，於是便加入了送餐行列。擔任送餐義工已有兩年多的時間。Amy性格樂觀、積極、有責任感，對食餐獨居長者都非常關心愛護。她就好像「春天」一樣，帶給很多客人有個活潑、活力的希望。好像黃婆婆，她表示自認識Amy送餐以來，感到十分開心。Amy體貼關心的友善態度，每每令她很窩心，感到很溫暖。從孤單的生活中，黃婆婆找到了活力的源頭。黃婆婆說：「我一個人生活了很久，沒有太多人探望我，有時我感到非常孤單，過去幾年我的心情很低落，直到我開始Care BC的送餐服務。從那時起我就認識Amy，她活潑開朗的性格，令我感到十分親切。有時她也會帶著兒子一起送餐，我很喜歡她倆一起到來的樣子。現在好像每次等待著Amy送餐來時可以與她傾談，這也是在我生活中的亮點。」食餐者中，陳伯伯：「我很喜歡看到Amy燦爛的笑容！」馮伯伯：「她的笑臉讓人開懷！」



Amy說：「我覺得獨居長者是很孤單的，當我送餐時，最大的感受是他們都是非常渴望看到送餐義工的到來，有些甚至乎早早已站在門口等候，一看到義工到達時，就十分雀躍，這可能是因為他們整天沒有機會與其他人溝通。而送餐義工就是他們唯一的途徑去接觸社區。」Amy分享說能參與這個送餐服務確實是非常有意義，不單幫助一些獨居長者的溫飽問題，而且在心靈上，也能給予他們愛心的安慰！她說：「我喜歡幫助長者，有時我會帶同小兒子一起送餐。讓他有機會與那些公公婆婆接觸，而長者們都很喜歡他，逗得他們非常開心。而我亦希望小兒子在參與送餐時，可以教育他關愛別人的重要，這也是在他成長中一堂好好的課堂。」

我們感恩有好像Amy一樣的送餐義工，帶來許多活力和歡樂！這也是我們「送餐服務」的一個重要宗旨：不單提供一頓熱騰騰的餐食，而且義工與食餐者直接接觸，給予關懷和問候，帶給食餐者無窮的安慰關懷。這就是一個不一樣但非常重要的社區服務，請繼續支持我們的工作！讓更多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



### 請慷慨捐助! Donate now!

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！

網上捐款：[www.carebcfoundation.ca/donate-chinese](http://www.carebcfoundation.ca/donate-chinese)