

Health & Home Care

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Pet Visits Warm Hearts at the Family Respite Centre

The Family Respite Centre (FRC) has a new four-legged friend! Each Saturday our weekend guests are visited by BC Pets and Friends Volunteer Mary Ann and her dog Maya. When clients spend time at the FRC, they may have had to leave a pet at home, or ailing health might mean they had to give up their beloved pets. A visit with Mary Ann and Maya can do wonders for their sense of wellbeing and can help make the FRC feel more like home.

Maya is a rescue dog all the way from Mexico. Pets have to pass behavior tests to ensure they are a good fit to be a Pets and Friends visitor. Luckily, Maya is very calm and good natured. BC Pets and Friends believes that "pet visitation helps relieve stress, increase optimism, and address the basic human need for companionship (positive interaction, physical affection and acceptance)". We know our residents thoroughly enjoy their visits and we are very excited to have Mary Ann and Maya as part of our volunteer team!



THANK YOU! - VOLUNTEERS HIT ALL THE RIGHT NOTES



Care BC held its annual Volunteer and Staff Recognition Event during National Volunteer Week. Care BC could not deliver our programs without our dedicated team of volunteers who make a difference every single day. An extra big thank you to Jean Bruys and David Kimpton (at right) for their respective 45 and 27 years of volunteering!

6TH ANNUAL MEALS ON WHEELS DINNER AND AUCTION WITH FRED LEE



On February 27th, 2014, the Health and Home Care Society of BC held our 6th Annual Meals on Wheels Fundraising Dinner and Auction at the Kirin Restaurant, City Square Mall. The night, attended by over 200 guests, was emceed by 'Man About Town' Fred Lee and raised \$40,000 for Meals on Wheels. ***That's enough money to deliver almost 6000 meals to individuals throughout Vancouver and Richmond!***

Our 7th Annual Dinner will be held February 26th, 2015 so mark your calendars now!

We couldn't have done it without our generous sponsors, guests and the ever entertaining Fred Lee. Thank you to everyone who attended and our gracious sponsors.

Venue Sponsor:

Kirin Restaurant, City Square Mall

Live Auction Donors:

Cactus Club Café - Park Royal, Tom Chambers, The Fairmont Chateau Whistler, MCL Motor Cars - Dilawri, Rocky Mountaineer, Terminal City Club, The Vancouver Club, Marcus Von Albrecht, and Xoxolat

Silent Auction Donors:

Christopher Richardson, FairTradeWorks, Gramercy Grill, Greystone Bed & Breakfast, Harry Lee, Care BC Staff, Helen Shore, Hilary Miles Flowers, Innovative Fitness, Key Language Training, London Drugs, Luke's Restaurant, Lululemon, Malene Grotrian Design, Mark Chambers, Pawlik Automotive Repair, Premier Homecare Services, Stanley Park Horse-Drawn Tours, Symmetrix, The Garden Club of Vancouver, The Medicine Shoppe, The Truffle House and Café, Vancouver Opera, Vancouver Symphony Orchestra, Vancouver Trolley Company, VIDA SPA, West Vancouver Community Arts Council, and Yaletown L'Antipasto



UPCOMING EVENTS

Community Day at the Track - June 1st 2014 12:30PM - Hastings Racecourse

Complimentary Admission for Volunteers, Donors and Staff, Family and Friends by Donation. RSVP online at carebc.ca/events or by calling Sheila at (604) 733-9177 ext 101.

115th Annual General Meeting - June 26th 2014 3:45PM - Family Respite Centre (2711 East 49th Ave, Vancouver)

Keynote: Fair Haven Redevelopment Update, Ruth Curran, Chair Fair Haven Board. Please RSVP to Sheila at cannons@carebc.ca or by phone at (604) 733-9177 ext 101.

4th Annual Health and Home Care Society Golf Classic - September 5th, 2014 1PM - University Golf Club

Registration now open on our website by visiting carebc.ca and clicking on the link on the right hand side!

NEW FLOORING REFRESHES THE FRC

The Family Respite Centre (FRC) has seen a wonderful makeover in recent months. Because of the generosity of donors, the FRC was able to install brand new flooring to replace our worn carpets. The new flooring is a wood-look vinyl product that is very durable and hygienic. We would like to offer our heartfelt gratitude for all the generous donations we received from current and former families and clients of the FRC and other donors as well as for the hard work of the FRC staff. Because of your support, we are now able to continue to provide our services in a new and improved environment.



2014 NISSAN ROGUE

Thank you to Southside Nissan and Jerry Scarfo, Sales and Fleet Manager, for helping us to lease a new Meals on Wheels vehicle. The Meals on Wheels Nissan Rogue will help us spread awareness of our services and reach even more people in our community.

VILLAGE TAPHOUSE SUPER BOWL PARTY

The Village Taphouse held their 6th annual Super Bowl Party and were able to raise \$775 for Meals on Wheels through a 50/50 draw and a Super Bowl Square contest. Thank you to the Village Taphouse! Because of you, we can deliver over 125 meals to people in need!

DID YOU KNOW?

VACCINES ARE THE MOST SUCCESSFUL HEALTH MEASURE IN SAVING LIVES IN CANADA IN THE LAST 50 YEARS? TALK TO YOUR EMPLOYER ABOUT OFFERING A FLU VACCINATION CLINIC FOR A GOOD CAUSE AND GOOD HEALTH - VISIT WWW.CAREBC.CA/GIVE_BY_TAKING FOR MORE INFO

KUDOS TO OUR MACAULAY CLUB

Thank you to the following organizations who joined our Macaulay Club between February 1st, 2014 and April 30, 2014 by making a donation of \$500 or more to our charitable programs.

- Andrew Mahon Foundation
- Army, Navy & Airforce Veterans in Canada, Unit 284
- DP World Vancouver
- John Murray McEwen Fund
- London Drugs Foundation
- The Phylliss & Irving Snider Foundation
- Vancouver Shaughnessy Lions Club

We also offer appreciation to the other organizations and individuals who have joined our Macaulay Club in the past year, as well as to our program partners, Fair Haven United Church Homes Society, the Vancouver Foundation, St. George's Place Society and Vancouver Coastal Health.

We would also like to acknowledge the financial assistance of the Province of British Columbia.

If you or your company would like to support one of our charitable programs, please call 604-733-6614 or donate online at www.carebc.ca



NEW FROZEN ENTREE MENU

Starting May 20th, we will be launching a redesigned frozen entree menu with tasty new offerings including Sweet and Sour Pork, Baked Three Cheese Macaroni, Jamaican Jerk Chicken Wrap, and Fish and Chips. Frozen meals are available to order for only \$5 and can be a great option for dinners or long weekends. Meals are served on a 4 week rotation ensuring variety for our clients. The new menu is available on our website or feel free to call Vicki or Yvonne at (604) 732-7638 for more information.

Did You Know?

THE LEVEL OF FORMALDEHYDE PRESENT IN VACCINES IS LESS THAN WHAT NATURALLY OCCURS IN A PEAR? HOWEVER, IF YOU ARE BOOKING A FLU CLINIC, THEN YOU CAN PURCHASE SINGLE DOSE FLU VACCINES WHICH CONTAINS NO PRESERVATIVE.

THE MEALS ON WHEELS REFERRAL PROCESS

The Health and Home Care Society of BC has been providing Western Meals on Wheels (MOW) service since 1967 and Chinese MOW since 1996 to all parts of Vancouver and Richmond.

Know someone who could benefit from MOW? Here's what you need to know:

- There are no age guidelines for MOW, we serve anyone who is at risk of social isolation or malnutrition, whether because of age, injury, or caregiving responsibilities.
- Meals are available Monday to Friday, except statutory holidays.
- Western MOW offers a great variety of hot meals, frozen breakfasts and entrees, and sandwiches while Chinese MOW currently offers authentic hot meals.
- MOW service also serves as a daily reassurance for caregivers of the well-being of the meal recipient.
- It takes approximately 2 days to process an application.



Meals on Wheels
Mavens (from top):
Shirley, Vicki and
Yvonne



For more information, menu plans, and the referral form please visit carebc.ca/overview or call Yvonne and Vicki (Western MOW) at (604) 732-7638 or Shirley (Chinese MOW) at (604) 733-6615.

We couldn't deliver MOW without our volunteers! Become a Meals on Wheels Volunteer by contacting Suzanne at liddles@carebc.ca or (604) 733-9177 ext 107.

Health & Home Care Society of BC

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